

## Kim coaching Nye transcript

Coach (00:02): All right. The recording has started. Thank you Nye for allowing me to record this session for ICF purposes.

Client (00:10): Sure.

Coach (00:13): Yeah. Well, how are you feeling today?

Client (00:17): I'm feeling okay.

Coach (00:21): Okay. What's okay like?

Client (00:28): Um, to be honest, I'm a little sad these days. I'm a little depressed. Um, but, um, I think it's just, um, my life and where it's going and, um, I don't know. I'm just not really happy.

Coach (00:51): Is that partially the topic that we're covering today?

Client (00:54): Yes. Yes.

Coach (01:00): Okay, so what, what are we talking about that would support you with this?

Client (01:07): Um, well, I don't know if I should get back into dating. Um, I feel like something's really missing from my life and it's a partner and, um, you know, I've tried to date online for the past few years. Um, it's been really hard and, um, I just don't know if I should get back into it. I, I do have a dating service, which is helping me try to meet somebody and I'm not giving that up, but, um, I don't know if I should try to meet somebody online again, it's been kind of an aggravating process and I don't know if I should try again or give it a rest or what.

Coach (01:58): Ok, so if we were to be really successful in our call today, what would you have around this by the end of our session?

New Speaker (02:09): What would I what?

Coach (02:09): What would you have around this? So what would you walk away with from our session around this topic?

Client (02:20): Um, I think, I wouldn't know, like in my heart, if I really wanted to date online or not, um, and I'd have some more clarity around that.

Coach (02:35): So it's a feeling that you're knowing in your heart, if you want to date online or not.

Client (02:43): Yes. Yes. And knowing in my heart, I like how you said that.

Coach (02:52): And if you, if you had that knowing, um, what would that give you?

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Client (03:02): Hmm. Um, that's a good question. Um, I think it would just give me more clarity around what I should do and it would help me fulfill my heart's desire is if I meant to do it.

Coach (03:34): Got it. So it sounds like this goes back to kind of what you had brought right in the beginning of our conversation, around your, um, your happiness, um, fulfilling your heart.

Client (03:58): Yes. Yes. That's a really good way of putting it. I, I like these words you're using like knowing and heart and I mean, it really kind of touches what I really want to focus on.

Coach (04:20): Good. So, um, what's getting in the way of knowing in your heart, if you want to date online or not?

Client (04:38): Well, I think I've just been aggravated with the process, you know, it's kind of like, you know, when you go to See's candies and they give you a sample, they're like, here's the cherry cordial, here's the coconut cream, here's a scotch mellow, and it's never the flavor that you really want, you know? And, um, my favorite See's candies is rum nougat and, you know, I always have to ask them, no, no, can I have a rum nougat? And they give it to me, but it's kinda like dating is like that, you know, it's like you keep going in there and they give you all the wrong flavors and then you just have to demand what you want. And, um, it just seems like I'm never getting what I want and it's frustrating. It's really aggravating. And, uh, it's kinda like, I just want my rum nougat, you know?

Coach (05:46): Yeah. They give you everything, but what you want.

Client (05:52): [client laughed] Yes.

Coach (05:59): So how would you describe your rum nougat?

Client (06:04): Oh, my rum nougat. Um, he's really kind and caring and handsome and intelligent and ambitious and, um, giving and sweet, you know, sweet. That's a good one. Sweet.

Coach (06:30): Hmm. Sounds dreamy.

[client laughed]

Coach (06:37) Uh, well, you said you were aggravated with the process because you are getting all these kinds of candy that is not your run nougat and you sound like, you know exactly what you want. Um, so what, what would you like to explore to help you gain some clarity around this?

Client (07:13): I think I'd like to explore. Um, a little bit about what's been aggravating and also how I can find what I want. Um, more easily, I guess.

Coach (07:38): Ok. So what's been aggravating?

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Client (07:43): Well, what's been aggravating is just like, um, you know, kind of like not getting what I want and a lot of times, you know, they'll throw me back or I'll throw them back. And, um,

Client (08:04): And it's also just frustrating because a lot of guys online are just very sexually oriented. You know, they send me like these photos and they say things that are really gross. And I just don't know how to respond to that. It's like a lot of these people, I feel like are just looking for sex and they're not really looking for a relationship. And so that's kind of aggravating and, um, you know, it's just hard to find somebody who really wants a relationship, I think. And, um, you know, I've heard something like 80% of these men are just looking for sex. And so that's frustrating, you know, when you're looking for a relationship.

Coach (08:59): Yeah. It sounds like not what you're looking for.

Client (09:06): Yeah, definitely not my, rum nougat.

Coach (09:22): What else is frustrating about it?

Client (09:29): You know, I think I just pinned my hopes on somebody, you know, I think just somebody comes along and I think, Oh, this guy is really cool. I like him a lot. And then I pinned my hopes on that. And then, you know, he doesn't call or he doesn't respond in the way that I want him to. And, um, so then I get aggravated like, okay, this is not working. And, you know, I've been trying for probably about seven years now and I've never gotten past a first date. And so it's just like, okay, um, how many more years is this gonna take? You know, it's just like, um, it's just like frustrating. It's frustrating because I can't get past a first date. And, um, I can't find what I want very easily. And it's frustrating. So.

Coach (10:35): Well, I heard a few things there. First of all, you said most of the guys who you're finding are not really aligned with what you're looking for, because they are gross and sexually oriented and not what you're looking for. But then when you do find someone, you pin your hopes on them and they become unresponsive and that's aggravating and you put seven years into this.

Client (11:22): Yeah. That's true.

Coach (11:27): What are you noticing? Um, as we were talking about this, in yourself?

Client (11:39): I notice that I'm getting more and more aggravated, like I'm thinking about the process and it's just frustrating me, you know, like I just, I can't get past, I just feel like I can't get past a certain point and it's frustrating, you know, I think I've used that word a couple times now. Frustrating. And it's frustrating, you know?

Coach (12:10): Yes. This process sounds very aggravating and frustrating.

Client (12:17): Yes, it is. It is.

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Coach (12:25): So you said you wanted to get a little bit more clarity. Um, what direction should we go in to help you get that clarity?

Client (12:46): Um, maybe we should look at what if I say go back online again.

Coach (12:55): Okay. Yeah, what if you did? What would happen?

Client (13:04): I know I'd be left with a lot more frustration and dealing with some of these jerks and perverts and stuff, but maybe I just need to develop more stamina. And I don't know, I just feel a little bit like a waste of time, but I can't expect to find the right guy if I'm not looking. And that's kind of where I am right now. I'm not really looking. And so, um, so maybe I just need to develop more stamina.

Coach (13:48): Hmm what's what does that mean to you, stamina?

Client (13:54): Well, I think it's just kind of a sense of like, we're dealing with rejection in a better way, you know, like just dealing with the rejections as, as more of like, um, like the candy you don't want, you know, like, uh, you know, sometimes I throw them back and sometimes they throw me back. So that's just kinda like, I don't know, candy, you don't want what, you know. And so I guess it just feels like, um, maybe I should get better at handling that rejection and dealing with that in a more productive way, like just trying to get past it and having more resilience, you know, that kind of thing.

Coach (14:55): Love your metaphor. Um, it actually reminds me of, uh, you had told me before when you were in acting about getting feedback.

Client (15:15): Yes. I just, it does bring that to mind because it is like getting acting rejections and for some reason I was much better with that. I guess it's just, it feels more personal when it's in a dating situation. It feels like somebody is personally rejecting you, but I mean, I guess it's not personal. It just feels that way, you know? And tell me, how does it feel like those acting rejections?

Coach (15:48): Well, when you were telling me about acting rejection and you were and getting feedback, it was like, you weren't excited about it because you knew it made you better and stronger for the next one.

Client (16:05): uh huh.

Coach (16:08): Does that apply here?

Client (16:15): Hmm. I guess it could. It could. Why couldn't it. Yeah.

Coach (16:28): Would that be worth exploring to you, um, how you were experiencing the rejection and acting and how that felt?

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Client (16:40): Sure. Yeah. Let's explore that.

Coach (16:51): So how did you experience that?

Client (16:58): Hm, well, when I was acting, it kind of was like, um, you know, if we didn't do well after a show or something, we would get feedback. And we always longed for that feedback because we knew it made us better. And, um, and even when we got rejected and we didn't get like into a show or something, we knew it was because of something that we couldn't produce or we couldn't deliver. Um, so we just knew that, that feedback made us better and the rejections were not really personal. They were just like something that somebody else had that we didn't have. So, you know, that made it more acceptable in a way, because it was just like, Oh, okay. The person who got the role just have something that I don't have. So okay. You know, that's fine. They get it. And we don't.

Coach (18:16): Um, I'm noticing some lightness in your voice as you talk about this. How are you feeling as you're talking about this?

Client (18:29): It's kind of funny cause I'm relating it to dating now and it seems applicable so it seems kind of funny.

Coach (18:40): Yeah. Even as you're describing it, like there's a, I'm getting a sense, there's a smoothness in your voice. Like it it's not aggravating it's actually feels free flowing.

Client (18:57): Yes. Yes it does.

Coach (19:06): So how does this tie back to dating?

Client (19:13): Well, I guess I should treat it with more light as you know. I mean, I mean, one thing that happened that was really aggravating was this guy that I was talking to on a date that was set up on zoom, you know, after 10 minutes of talking to me, he decided he didn't want to be on the date with me anymore. And you said, I got to go get something to eat and he just went to eat and it was so frustrating to me. But I guess if I just add that lightness and that humor, like, Oh, okay. I, I didn't have the qualities that he wanted. All right. He's throwing me back in the pond. He doesn't want that piece of candy, you know, it's just like, okay, just move on next. I'll I'll keep working on getting my rum nougat. It's okay if I'm not your piece of candy.

Coach (20:20): Feels like you've, um, you're more detached. Like it's more whimsical and more playful.

Client (20:29): Yeah. I guess that's really how I have to approach it. You know? I mean, one of the fun things that's come out of this is just like, I'm thinking about doing a standup comedy and I'm going to do it all around my dating adventures and how disastrous they have been. And it's like, I've built this really funny comedy routine and I'm just waiting for COVID to be over so I can do an open mic night. And just talk about it so it seems like, well, at least I'll get some more comedy, um, some more comedy, uh, information and some more dialogue around that.

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Coach (21:25): They're giving you materials.

Client (21:28): Yes. Materials. That's the word I was looking for.

Coach (21:39): So, how does it feel now as you think about the online dating process?

Client (21:48): It feels great. It feels great.

Coach (21:56): No, you had said you wanted to know in your heart, if this was something you were willing to pursue or not. So where are you now in your heart?

Client (22:15): Um, I don't know. I mean, I still don't know if I want to pursue it, that I'm getting closer to that. I think, um, I think at least it's going to make me think about it some more and uh, and come to a conclusion about it.

Coach (22:47): What more does your heart need in order to know?

Client (22:57): Gosh, I just wish the process was easier. You know, it's just, um, what more does my heart need to know? I think, I think if I just approach it with like this feeling like, okay, if this works out with somebody great. And if it doesn't, I'll have more materials for my show and either way, it's kind of a win-win and if I go into it like that, it'll just be more fun, you know, it'll be more whimsical, like you said, and it'll just be like, okay, either way. It's a win-win. And so I don't have to approach it like, it's this serious thing, like, okay. Like I'm either, I'm going to end up with this guy and we're going to get married and blah, blah, blah, or nothing, because that didn't work out. I have more material. Right.

Coach (24:02): Hey, win-win either way.

Client (24:07): Yeah. Yeah.

Client (24:11): Well, what were you making it about Nye? Um, when it doesn't go your way?

Client (24:20): Yeah. Well, that's a great question. Um, I think I tend to take it really personally, you know, like I just start to feel like there's something wrong with me, you know? Like, I mean, for example, that guy who ditched me after 10 minutes, he was asking a lot of questions about my work history and, you know, my work history is kind of sketchy because I've been disabled and I don't, I haven't had like a job per se that I hold down and, um, you know, so that was really frustrating because he was asking me a lot of questions about my work history. So I told him what I've done, but I guess he wasn't too impressed by that. And so I really took that personally. Like that's something that I'm really insecure about anyway. And so when he started to ask me questions around that, I was just like, okay, well give it a go.

Client (25:20): And I mean, I kind of, wasn't surprised after he dropped me after 10 minutes, I was like, yeah. If somebody gave me that kind of work history, maybe I would have dropped them too. Cause it just, wasn't very impressive. And um, you know, so I start to internalize

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those kind of things and I take them really personally. Um, it's I mean, from what people have told me, it's not personal, it's just something that he needed and somebody that I didn't fulfill, you know, I wasn't just piecing candy, that's it. And so, you know, so I think I tend to take things like that really personally, and that affects me in a bad way because it just, it just fuels my insecurities, I guess, is what you could say.

Coach (26:15): Yeah. I wonder, I want to reflect back what you just said. You said when you, when you take it personally, you may get to mean that something's wrong with you. No wonder you'd want to avoid that. So when you don't take things personally, what's the meaning you put there?

Client (26:54): Well, if I can just share some things that my coach had me do, it's this exercise and she had me make a list of all the reasons why I'm a great catch. And I guess, you know, when I don't, when I don't put meaning on, um, why I'm not a good catch, then I'm able to focus on why I am a good catch. And, you know, that puts everything in a more positive light because I know, I know I have a lot of great qualities and I know I have a lot of things that people would really love in a person. And I guess when I just put my focus on that, rather than somebody who threw me back, because I didn't have, you know, a good work history and I just, I just am better able to navigate it. And I'm better able to just keep my confidence in spite of, you know, these things that are going to tend to make me insecure.

Coach (28:13): That sounds really powerful. What you just said there.

Client (28:18): Thank you.

Coach (28:21): I, I noticed, um, I'm observing that there's this shift from what others think of you to what you know is true about yourself. What are you noticing and how does that land with you?

Client (28:42): Yeah. I noticed that too. And that lands really, really well because we shouldn't really be focused on what other people think about us. Right. I mean, we should really just be focused our own true nature and what we know about ourselves and how we feel. And, uh, I don't want to ever focus on what other people think of me. I mean, that's their business and it has nothing to do with me, you know?

Coach (29:11): Right on Nye.

Client (29:14): Thank you.

Coach (29:21): What are you learning about yourself right now?

Client (29:26): Hmm, well, I think I am a really confident person and maybe being in some of these situations is not making me confident because I'm not approaching it in the right way and maybe I just need a better approach.

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Coach (29:48): Nice.

Client (29:51): Thank you.

Coach (29:53): Yeah. And that, that new approach is what exactly?

Client (30:03): Well, I think going into it more lighthearted, um, also realizing that I will get more materials for my comedy show and also just going into it, knowing that I'm a great catch. And if you don't want me, then I'm just not your piece of candy and I will keep looking for my rum nougat.

Client (30:33): Wow. How does that change the online dating process for you having full confidence in yourself?

Client (30:44): Oh gosh. It kind of makes it fun as opposed to just like this grilling process. It just kinda makes it fun.

Coach (31:03): Where are you now? Um, from where we started this conversation with how you feel about your online dating and your heart.

Client (31:18): I feel good Kim. Thank you. I feel really good. And gosh, like it's been a long time coming to feel this way. I think, you know, it's just, um, you know, it's kind of felt like a grind up until now and now it just feels like kind of a walk in the park, you know.

Coach (31:47): What a contrast.

Client (31:50): Yeah, yeah, yeah. Hm.

Coach (31:59): From the grind to a walk in the park.

Client (32:03): Yeah, yeah. Thank you.

Client (32:06): You're welcome. So what have you gained from our conversation that you did not have in the beginning?

Client (32:14): Um, I think definitely a more lighthearted view of dating and, uh, and, uh, just, just knowing that I'm going to get some great material for my comedy show and also just this knowing that I'm a great catch and if somebody doesn't like me, that's just their own stuff and I can just move forward with looking for somebody and it doesn't have to feel like a grind. It can feel like a walk in the park and all such as the rejection piece, you know, knowing that, um, the more nos you get, that's kind of like your way to a yes. And so just keep trying and, um, you know, build your stamina and build your strength and, um, do that with the rejection part of it.

Coach (33:20): Wow. They sound like all such positive things. Like how could you lose?



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Client (33:28): Ah, thank you. Thank you Kim.

Client (33:33): Ah, you are so welcome Nye. So, um, what does your heart tell you about this now? Cause you said you would, you would know in your heart if you want to date online or not.

Client (33:46): Yeah, I think I want to get back into it. I think I do.

Coach (33:53): So when you say, think I'm thinking your head is saying that, um,

Client (34:02): Okay.

Coach (34:02): Is it your head, your heart?

Client (34:06): My head is saying that I really want to do it again. I think, I mean, I don't know. I've been reading these like love stories from different actors and stuff and it's so sweet, you know, and I just really want to find that and I know it's not going to be easy, you know, and I think I've, I've been expecting it to be easy up until this point and it's not easy, you know? And so, um, I think just approaching it, like it's easy as opposed to approaching it like it's hard makes it more easy and I'm kind of like, it's a walk in the park and so yeah, I do want to get back into it and I do want to meet somebody and find the love of my life. And so I'm going to do it again and I'm going to do it again.

Coach (35:02): I, I just noticed your, your energy went up and like, I feel my heart is connecting with what you're saying. Like there's, there's like a true, there's like a, a longing there that desire.

Client (35:18): Yes, yes, yes. There totally is a longing there. And um, I'll invite you to the wedding.

Coach (35:36): Oh, that would be awesome. That would be awesome.

Client (35:39): Laughing.

Client (35:43): So I noticed that your approach had changed too because, um, in the beginning it sounded like it was drudgery and aggravating and now your approach is easy. It's light. I'm wondering where else in your life can you use this kind of approach that feels right now it's aggravating that you would love to approach it in an easier way?

Client (36:20): Hmm. Well, we've talked about this before and I think it comes back down to cooking. You know, I, I think I shared with you something about noodles before, and I don't remember what it was exactly, but I kind of dragged my feet to cook sometimes. And I read this funny meme on Facebook that said the person who buys the groceries and the person who actually cooks the meals are two entirely different people. And I had to laugh at that, you know, because it was just feels a little bit like I approach cooking, like it's drudgery, but then after the

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meals made and we sit down and we eat it, it's actually pretty enjoyable. And so I don't really enjoy the process of cooking, but I enjoy sharing the meal and I enjoy, um, what comes after, you know, I enjoy eating and sharing and, and having fun, knowing that I cooked something, I guess I could approach dating like that too. You know, it kind of feels like drudgery at the beginning, but at the end you have this great person to spend your life with and you get to do all these fun things and it's like, kinda like you accomplished it, you know? And it kinda feels good.

Coach (37:52): What are you noticing your focuses on when it's easy and not drudgery?

Client (38:00): Yeah. I just noticed it's more fun. It's like, I don't know. Maybe I just don't have enough fun in my life right now. And I think part of it is because of the COVID, you know, but I just noticed that, um, when I actually try to do things that I actually try to have fun with them, then they actually are more fun, you know?

Coach (38:30): Yeah. When you set the intention for it.

Client (38:36): Yeah. Yeah.

Coach (38:43): Well Nye how would you like to move this forward? Like I'm hearing you want more fun. You want more ease, you want more happiness? What needs to change to have more of that in your life?

Client (39:06): Well, I can't wait to do my comedy routine. That's probably what's missing and, um, I can't wait til all this COVID stuff is over, so I could actually do it. I want to do open mic night and I guess until then it always just be about collecting material for my show. So, um, that would be fun. That would be a lot of fun. And uh, I guess some more nos I get the more fun that'll be here. Right.

Coach (39:49): Yes, more stories.

Client (39:54): Horror stories yes.

Coach (40:03): Uh, well I love, I love the lightness in your voice. I love the fun and funny and the energy. It feels really good to me over here. So, um,

Client (40:21): Thanks Kim.

Coach (40:24): I love where, where you came to. Sounds like you're, you're focusing, like looking forward to having your comedy routine and along the ways collecting materials.

Client (40:47): You making me laugh now.

Coach (40:52): Hmm. So, um, are those your next, I guess, steps to creating more, more fun and ease and happiness?

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Client (41:06): Yes. I think I will change my Bumble app over from the friendship portion to the dating portion again. And I'll just move forward and, and try to, um, try to meet somebody again.

Coach (41:25): Nice. Sounds like you made a decision there.

Client (41:29): Uh hmm.

Coach (41:35): What could get in the way of you having this fun and lightness and ease?

Client (41:46): Hmm, Hmm. I think maybe if I focused too much on my insecurities and, um, I don't focus on what a catch I am and if I just focus too much on what I'm insecure about in my own life.

Coach (42:17): Ah, okay. And how, how do you notice what tells you that you're focused on your insecurities rather than why you're a great catch?

Client (42:30): I think it's just what I choose to focus on. You know, like I could have focused on my insecurities or I can focus on what a good catch I am. So I guess I just have to do the latter and not worry so much about my insecurities.

Coach (43:00): Nice, and what's going to keep you focused on you being a great catch?

Client (43:07): Well, I have a list so I can always just pull out the list and look at what a great catch I am. Cause I know I am one. So all I have to do is just look at the list and it'll tell me.

Coach (43:26): And what's going to be the trigger to pull up the list?

Client (43:33): Hmm. If I start to get really aggravated and like, it feels like a grind again, then I will pull out the list and look at it.

Coach (43:45): And how can you tell in your body what happens in your body when you're feeling aggravated and it feels like a grind?

Client (43:55): Hmm. I think that frustration comes up so that frustrating and feeling, you know, and I start to feel frustrated that's when.

Coach (44:08): And like, what are the sensations in your body that you notice when you were feeling frustrated?

Client (44:17): Hmm. It's just this feeling like I can't do anything. Right. Um, you know, like kinda like that feeling like when you need to do something you don't want to do, it kind of feels like that. It kind of feels like, um, yeah, I don't know how to describe it. It's like a grind and the sensations in my body are just kinda like, I don't know. I start to feel blah, and like, I don't want to really move forward. I don't really want to do anything and yeah just kind of a blah feeling.

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Coach (44:58): Hmm. So, um, just kind of a there feeling?

Client (45:06): uh hm.

Coach (45:06): It's not, it's not, um, is there resistance or is it just, are you wanting to move away from it or you're just kind of there?

Client (45:18): No, you are trying to move away from it too. It's just like when that frustration hits, you don't know how you feel when you get frustrated. Like you don't want to work on something, you don't want to do anything. You just, uh, that's like, that's how I describe it. Like ahhhhh. It feels like that.

Coach (45:39): Yes. Okay. So when you're feeling that way, then it's time to pull up the list.

Client (45:46): Yes. For sure. Yeah, for sure. Okay.

Coach (45:51): All right. Well, great work today Nye. You really. Yeah. You're so welcome.

Client (46:03): Thank you so much.

Coach (46:06): You're welcome. Um, is there anything left for you to process or are you complete for today?

Client (46:14): I feel complete. I feel good.

Coach (46:18): Good, good. What's your biggest takeaway from today?

Client (46:24): Hmm. I think it's just pull up the list, you know, pull up lists and see what a catch you are, and you don't have to worry about what other people think of you. You know, I think that was huge, but there were a lot of really good points and things that I'm taking away. So thank you. Thank you so much.

Client (46:44): You're welcome. It's my pleasure. All right, well, I'm going to stop the recording and hang on tight. I want to talk to you for a few minutes, so, uh, thank you so much.

Client (46:56): Ok