

Michael L. coaching Joye transcript

COACH 00:05 Hey, Joye. Hi.

CLIENT 00:08 Hi. Good to see you.

COACH 00:11 Good to see you, as always.

CLIENT 00:14 Yeah.

COACH 00:16 A sigh.

CLIENT 00:18 Yes. I'm ready to talk about this.

COACH 00:21 Okay, yeah. Let's hear what's alive for you?

CLIENT 00:28 Well, I'm about to go to Seattle in about two weeks, and I'm going to be seeing my friend Valerie, and this is coming up for me as I anticipate our connection, which happens every time, by the way. It's dynamic that shows up. And I want to process through how I can show up in integrity with myself when I'm with her. So there's something really prickly for me when we're together.

COACH 01:15 Yeah. So you said how to show up in integrity with your yourself with connecting with Valerie Yeah?

CLIENT 01:24 Yes.

COACH 01:26 How would you say you show up currently?

CLIENT 01:34 I show up in a way that feels like I'm not centered as much as I'd like to be. I allow her to talk to me as if I've not lived life. She tends to like to preach something, that, "I told you so." There's a lot of I told you so. Like, she'd say something from a past event, and she had told me so then, and then she'll come to this present moment and tell me, "I told you this is what will happen." And there's a lot of you should, "You should do this, Joye," not giving me my space to think on my own. I don't feel that space of being able to claim my truth. And if I said something like, "I'm really sad about this," she'd be like, "You shouldn't be sad about it. This is what God has--" There's a lot of spiritual bypassing going on. And then, in that moment, I go, "Yeah, yeah. Yeah, yeah." The, "Yeah, yeah," like I'm agreeing. And then there was one time when I disagreed because I realized what I was doing. She got very defensive. Yeah.

COACH 03:39 There's a lot here. Yeah. And as you're talking about Valerie and her "I told you so," and you claiming your truth and just all that goes along with that, what's the emotion that comes up?

CLIENT 04:06 Frustration. And this is not an emotion, but I don't feel seen.

COACH 04:19 Yeah. And so what is it that you would like today in our conversation?

CLIENT 04:33 I'd like to get some clarity on how I can show up differently for myself.

Michael L. coaching Joye transcript

COACH 04:50 Yeah. How you can show up-- you said showing up in integrity with yourself. Still getting some clarity on that?

CLIENT 04:57 Yeah, yes.

COACH 05:01 How will you know you have the clarity?

CLIENT 05:07 Yeah. When I feel more settled and centered.

COACH 05:19 Yeah. And you're pointing now, gesturing to kind of your heart space.

CLIENT 05:25 Almost like my spine being straight, like, okay, I got this.

COACH 05:34 Yeah. So are you curious about exploring that, either somatically or metaphorically?

CLIENT 05:45 Metaphorically, yeah. [huh] Or maybe a little somatic, but metaphorically lands more with me today.

COACH 05:57 Yeah. So what for you, metaphorically, does it begin to bring up?

CLIENT 06:11 Let me tune into myself a little, yeah, Michael?

COACH 06:14 Yeah.

CLIENT 06:19 For some reason, this image of a rock comes up. Yeah, this big blob of rock just appearing right there.

COACH 06:34 And the rock, where is it in relation to you?

CLIENT 06:39 It's like seated right inside of me.

COACH 06:43 Inside of you?

CLIENT 06:44 Yeah. And it's like this shape. Yeah.

COACH 06:51 As you talk about it, I see a smile.

CLIENT 06:55 Yeah.

COACH 06:58 How does that--?

CLIENT 06:59 It feels really steady. Yeah. Try moving me now. [laughter] You can't.

COACH 07:15 "Try moving me now. You can't"?

CLIENT 07:18 Yeah, yeah.

COACH 07:20 Yeah. What emotion comes up as you say those words, as you hear those words?

CLIENT 07:30 Defiant and strong. A word just came up. Respect.

COACH 07:48 And what's the connection for you between respect and sturdiness? Rock?

Michael L. coaching Joye transcript

CLIENT 08:03 A connection is that I'm a human being. I'm not some angel. I'm not some reincarnated saint. I have feelings and they can be not-so-pleasant feelings and I want that to be honored.

COACH 08:36 What part of you is saying this?

CLIENT 08:47 This part that's tired of being perfect. And it comes from a young self of having to put up a show every time. Oh, you can't possibly be mad or sad. You only have one mode and that's happy. Always smile. I'm tired of that, you know?

COACH 09:22 So what happens if you allow yourself just to feel that tiredness?

CLIENT 09:31 I feel more humane. It's feels like I'm softening into myself. I can just relax and be tired. Yeah.

COACH 10:00 And as you say kind of relaxed, tired of yourself, perfect, what else are you noticing?

CLIENT 10:18 I was noticing that it's a lot to carry, it's a lot to carry when there's an expectation that you need to be something other than this present moment. But when I allow myself this like, okay, there's almost like a defense that's brought down. There's no armoring or pretending.

COACH 11:15 Where are you feeling that defense coming down?

CLIENT 11:19 Like right in front of me here. [inaudible] softening. Yeah.

COACH 11:39 Would you like to explore that softening, or would you like to do something else?

CLIENT 11:47 We could go back. Yes. And I'd like to close my eyes just for a moment so I can kind of feel into it more.

COACH 12:07 Yeah. You know what you need.

CLIENT 12:12 Yup.

[silence]

CLIENT 12:25 Yeah, it feels like there's a sensation in my chest area like it's like caving in a little bit more.

COACH 12:37 Caving in. Is it pleasant? Unpleasant? Neutral?

CLIENT 12:46 Neutral.

COACH 12:48 Neutral?

CLIENT 12:50 Yeah.

COACH 12:55 What happens if you just allow that caving in?

CLIENT 13:03 It feels a little vulnerable, a little closed in like I'm about to shrink into my own shell. As I'm wanting to expand a little bit and to sit upright, there's a part of me that I feel small.

Michael L. coaching Joye transcript

COACH 13:39 So I'm hearing two parts. It sounds like there's a closed-in, wants to shrink into your own shell, and then that part that wants to expand.

CLIENT 13:51 Yeah. A part of me that wants to like-- I don't know why I'm saying this, I'm going to say it anyway, like wants to float and bob along.

COACH 14:09 Float and bobble?

CLIENT 14:11 And bob along, yeah.

COACH 14:12 And bob along?

CLIENT 14:13 Yeah, bob along. I don't know. There's a likeness to this. Yeah, this is what it is. It's like I want to feel a sense of freedom, like levity. Yeah.

COACH 14:40 I just noticed your voice change as you said freedom and levity. What did you notice?

CLIENT 14:53 Like someone wants to play. A youthful side of me coming up. Yeah.

COACH 15:03 And as you say that, you smile.

CLIENT 15:06 Yeah. I'm just so tired of being this perfect person, or this person that wants to agree. The side of me that wants to agree oh, yeah, you're right. But actually, inside, I'm like, no, I have a voice. Yeah, I have a voice. I disagree with what you're saying.

COACH 15:48 I noticed, again, a shift in your tone. You said, "I have a voice." You said it twice. And, "I disagree with what you're saying." I just notice if there are-- what comes up there?

CLIENT 16:06 That voice doesn't come up very often and it wants to be heard and respected. Yeah.

COACH 16:18 How could it be heard and respected?

CLIENT 16:22 By voicing [inaudible]-- by saying it, ugh, and accepting the impact of that difference. She might not like it.

COACH 16:48 So what's getting in the way of voicing this difference and her not liking it maybe?

CLIENT 17:00 This little part of me that wants to please the other person, like, "Oh, please like me," or please-- something, like don't be mad at me. Yeah. Just don't be mad at me.

COACH 17:29 And as you say that, I notice you sound a little younger.

CLIENT 17:35 Yeah.

COACH 17:37 And I wonder about how old are you? So don't get mad at me.

CLIENT 17:43 [inaudible] seven. Yeah.

COACH 17:50 And where are you?

Michael L. coaching Joye transcript

CLIENT 17:51 Where am I? I am in my hometown, yup, with my mother. There are just many moments where I would want her approval, anything, and not quite getting it. And then she just get mad if I didn't do things a certain way, or would tell me that someone else will get mad if I didn't do those things [inaudible]. So there was no real space to have my own opinion or my own say.

COACH 19:05 It sounds really hard.

CLIENT 19:09 Yeah. And I find it, frankly, even in my adult years, when someone asks me for my opinion, I struggle at times. And I feel something in me being threatened. It happened just recently, somebody asking me for my opinion, and all of a sudden I was lost. That's all I can put, lost. Yeah. It doesn't happen all the time, but I notice when it does happen-- I haven't quite gotten to the bottom of it, but I feel like it's relevant to the situation with my friend.

COACH 20:17 Yeah. How are we doing there in terms of just getting clarity about how you want to be with your friend?

CLIENT 20:27 Yeah. I want to have more space for myself. Honor that space. I want to take that baby step to say I disagree if there's a moment when I do actually disagree and feel that rock in me.

COACH 21:00 And as you say that, do you feel that rock in you?

CLIENT 21:05 Yeah. It's like my friend.

COACH 21:07 Really? You smile and giggle.

CLIENT 21:15 Yeah, yeah.

COACH 21:19 How is it to hang out here?

CLIENT 21:22 Say that again.

COACH 21:23 How is it to hang out here?

CLIENT 21:27 Assuring? Yeah, it feels like I'm grounded. I don't need to protect anything, that I can be myself. And if she gets mad, she gets mad. That's her problem, not mine. I like that. Yeah. [laughter]

COACH 22:17 Again, I notice a shift in your tone as you said that. Just that one [inaudible]. What did you notice?

CLIENT 22:25 I noticed that more freedom, power about this.

COACH 22:40 More freedom, more power, maybe more space.

CLIENT 22:45 Yeah, yeah. Giving myself that permission, like, okay, this is yours, this is mine.

COACH 22:58 How is that to say, "This is yours. This is mine"?

CLIENT 23:09 It feels good, yeah. It feels good. It feels clean. Yeah. Just because you need to be right. Fine, be right. [laughter] It's so annoying. It really is.

Michael L. coaching Joye transcript

- COACH 23:40 Well, it's funny there's laughter, and then you say it's so annoying. What's the laughter?
- CLIENT 23:46 I have no idea. I'm like, it sounds so ridiculous. She wants to be right. And a part of me wants to say, yeah, you're right. So what? [laughter] Yeah. So there's a part of me that's judgy as well of how she's appearing before me because I know she means well. She means really well. I get she walks her spiritual path and she knows a lot of things and she's wise. There's a part where it gets really intrusive.
- COACH 24:37 Yeah. And again, just as you said that word, intrusive, there's some emotion there.
- CLIENT 24:43 Yeah. It's like respect my journey. I have my own journey. I mean, she doesn't seem to have any problems, which is bullshit, by the way. Right? No, I'm the one who has all the problems, mem but she has no problems. So, I mean, that's the part that's like I'm sharing all this stuff about me, and then she hardly shares anything like her life is just perfect, so.
- COACH 25:21 So we're hearing a lot of discernment between her and me. More clarity. Where are you right now with this?
- CLIENT 25:39 I have a good sense of how I want to show up. I need to be just true with where I'm at with my life. And I also have to be honest, I don't think it's a very balanced relationship. I'm talking through this right now, I'm just getting this epiphany that she's showing up for me almost like a doctor. I don't feel like I'm really a friend that she-- I don't know what it is. So there's probably more exploration for me to explore what's this friendship about. But I am getting clarity about what would be in the integrity for me when I see her.
- COACH 26:59 Yeah. So just noticing that there's-- it sounds like you're noticing that there's a place to still explore how to balance out this friendship. And at the same time, you're feeling more integrity about how you're going to show up with her.
- CLIENT 27:19 Yeah.
- COACH 27:23 I just want to check in and see what it is that you need right now?
- CLIENT 27:29 I need to remind myself that I have a voice. Yeah.
- COACH 27:50 You have a voice. And how do you remind yourself of that?
- CLIENT 27:54 What works for me is in my morning practice to say something simple to myself, "I have a voice." Yeah.
- COACH 28:23 Is there anything else that comes to mind that would be supportive as a reminder that you have a voice?
- CLIENT 28:37 Well, I can visualize something. Well, maybe not visualize something, but I do this already. But I think this could be an added bonus is that my friend gave me this amazing spray, and that's for the throat chakra and has a lovely scent. So I

Michael L. coaching Joye transcript

could spray that and remind myself. I think the more senses that I can play into this reminder is helpful. Yeah.

COACH 29:36 So you've got the spray, you've got the saying, "I have a voice." What other senses do you want to involve in the reminder?

CLIENT 29:51 I can't think of any right now, I think because I know this is coming up. So in the moment before I meet her, just to remind myself mentally and to just perhaps also before-- just to touch my throat and touch my belly to remember that I've got my power, that, "Okay. I've got this." Yeah. It's scary. It's like I don't know why. Yeah.

COACH 30:44 Yeah. There's a part of you that's scared, it seems, and there's a part that is knowing and knows that you've got that voice.

CLIENT 30:54 Yeah. Something needs to shift. Otherwise, I don't feel like I'm myself. I'm just agreeing, like, "Oh, yeah, you're right. Oh, yeah, you're right." I'm tired of that. Yeah.

COACH 31:13 So with that little bit of energy I just heard, is there anything you want to do with that right now?

CLIENT 31:25 [laughter] Yeah, you got to ask me that. I feel like going like-- I feel like going, "Hah," like that. [laughter] Jesus.

COACH 31:40 That's great. And I would encourage you if you want to do it again.

CLIENT 31:46 Again?

COACH 31:47 If you want to.

CLIENT 31:47 You think?

COACH 31:49 Whatever you want. This is your [inaudible].

CLIENT 31:52 I wish this was like a pillow here. I feel like doing a karate chop on this table, but I'd hurt myself, so.

COACH 32:02 Yeah. There's a lot of power that's coming up.

CLIENT 32:06 Yeah.

COACH 32:10 What are you recognizing?

CLIENT 32:13 I've got a lot in me. Yeah.

COACH 32:31 I just want to check in and just see where you are right now with things. Clarity, knowing what to do, what to say, how to be with this person.

CLIENT 32:49 Yeah. I feel complete. I mean, I might not know exactly what to say, but I feel like I've got this sense of how I want to show up, how I want to show up for myself. Yeah.

COACH 33:07 That sounds like the budding trust, self-trust.

Michael L. coaching Joye transcript

CLIENT 33:12 Yeah. And I might say some things that's not going to land well with her as I speak my truth. Yeah.

COACH 33:25 It sounds like you're allowing that and giving yourself permission.

CLIENT 33:29 Yeah. To take that risk.

COACH 33:33 To take the risk.

CLIENT 33:34 Yeah, take the risk. Yeah.

COACH 33:42 So is there anything else that you want or need to do or say to feel complete?

CLIENT 33:51 No, I'm good. Yeah. Thank you. This is very timely.

COACH 33:59 You're very welcome. I look forward to hearing how it all goes.

CLIENT 34:05 Yeah, for sure. For sure, yeah.

COACH 34:12 Well, thanks, Joye. We'll speak soon.

CLIENT 34:17 Thanks, Michael. Take care.

COACH 34:20 Okay, you too.

CLIENT 34:21 Okay.