

## Wendy coaching Antoinette transcript

**Coach:** 0:01 All right, the recording is going now. Um, and what what topic would you like to lay on the table with us today?

**Client:** 0:13 Um, well, I've really become aware of not feeling safe as a result of a lot of trauma that I've experienced in the last few years. So, as a result of that, you know, there was a lot of weight gain. So, I'd like to just completely resolve that so that my body can come back to comfortable and and feel, you know, I feel good inside, but I feel like my body's not matching that.

**Coach:** 0:49 Mm hmm. So when you said resolve all of that; what's all of that?

**Client:** 1:01 Well, I guess I'm thinking about maybe there's remnants of all of that trauma. And it shows up in sort of my nervous system being a little edgy. I mean, it's a lot better than what it has been. But yeah, there must be something still because the weight is kind of hanging on.

**Coach:** 1:39 Yeah, so two things you you know, resolving the remnants of that trauma in your nervous system. Um, feeling edgy and the weight. Um, what's the link between those two?

**Client:** 1:56 The link is that when I had my first trauma, 2006, that's when my... It was like within three weeks to that my weight just went up. And ever since then no matter how healthy I've eaten or exercised, it'll go down as to certain extent but not where it was before that. So I link the two together really because of that.

**Coach:** 2:33 Hmm. So today if we were to pull out a specific piece of that, um, what specific piece would you like to pull out and look at together?

**Client:** 2:49 When you say about piece, are you talking about the traumas, are your talking about the emotional states What are you talking about?

**Coach:** 2:59 Uhm. Yeah, uhm. It's a it's a big topic, uhm complex. And if we were just to grab a portion of it, how would we, what portion would we grab?

**Client:** 3:18 The weight. [Okay] Cuz that really bothers me. {hmm-mm} It's like I just can't go back to it almost keeps reminding me of what's happened. Almost. Like I guess in my day, I'll kind of you know if there's certain things if I do that are uncomfortable, like maybe, you know, if you're doing a yoga pose or sitting on the floor, it's like, there's a sense of uncomfortableness and It just kind of I guess I was in the thoughts that it's not conscious but it's like almost like tiredness of what's happened and yeah

**Coach:** 4:18 Hmm. So if we looked at that tiredness and uncomfortableness uhm, that is what your weight reminds you of the past trauma. Would that be a good focus for us today?

**Client:** 4:39 Yeah, I guess so.

**Coach:** 4:45 hmm. You sound, do I sense uncertainty in there?

**Client:** 4:50 Uh, no, I'm kind of surprised that. Yeah, it because it feels it feels. Yeah, that's the truth. It is uncomfortable.

**Coach:** 5:00 Ah, you said surprised.

**Client:** 5:03 Cuz I had the thought but, you know, you've helped me connect the dots with that.

**Coach:** 5:13 And what dots did you just connect?

## Wendy coaching Antoinette transcript

**Client:** 5:17 That the uncomfortableness is a sensation that was unconscious kind of. And now it's, it's in the forefront.

**Coach:** 5:35 Hmm. And so today during the time that we have, what uhm outcome would you like to get to with that?

**Client:** 5:50 That's a difficult one because I'd like to say, I'd like the outcome to be that I'm comfortable with it. Cuz I, to me, that almost feels like resigning myself to it.

**Coach:** 6:11 And the 'it' being the weight?

**Client:** 6:13 Yeah. So the outcome, I'd like to say yeah, I'd like to be. (laughs) I'd like to just lose the weight to be honest.

**Coach:** 6:34 Hmm hhm. And where would you like to get to on that during this time that we have together?

**Client:** 6:46 The joy that I would start to feel when I do the poses and I can do certain poses that I couldn't because the stomach is in the way and all of that. And clothes just starting to fit again. That I can feel like I can buy new clothes. Ah, it feels so good.

**Coach:** 7:10 Hmmm. I noticed so much of your language is around emotion. You know feeling uncomfortable, right now. With the weight reminding you of past trauma. And you wanting to feel comfortable and to feel the joy you'd feel.

**Client:** 7:30 Hmm-mm. Yes.

**Coach:** 7:46 So just to clarify, when I asked about what outcome you want to get to by the end of our time together, you mentioned wanting to feel comfortable with it - the weight - but sort of uncertain about that and then you mentioned wanting to feel the joy you'd feel.

**Client:** 8:09 Yeah, just the joy being in the body, you know? [Hmm-mm] Cuz I know that joy is not quite there.

**Coach:** 8:27 Mmm. And is that the direction like you'd like to for us to go then is to, is for you to feel that joy that's not quite there?

**Client:** 8:36 Yeah.

**Coach:** 8:39 Hmm. Is there more?

**Client:** 8:42 Oh, no, I think that really is a good point to go for.

**Coach:** 8:47 Okay. You mentioned that the joy isn't there right now? [Hmm-mm] What do you think is between you and that joy?

**Client:** 9:00 It's like this deep sadness, and I can feel it welling up in my chest, my throat. Yeah.

**Coach:** 9:19 Yeah. I'm just feeling that with you. What would you like to do with that deep sadness?

**Client:** 9:30 Acknowledge it. Feel it. Actually, to be honest, I haven't acknowledged it like this. I don't believe I have.

**Coach:** 10:05 Hmm. When you say acknowledge it, does that mean just feel it? Does it mean talk about it?

## Wendy coaching Antoinette transcript

**Client:** 10:20 What it feels like is I all these years I've gone through so much sadness, uncertainty. And I never gave myself the space to actually feel this. So it's just, with your questions, it's come up. So I'm just feeling it.

**Coach:** 10:59 And how can I best be with you while you feel it and acknowledge it now that you have the space?

**Client:** 11:10 You're doing already just being there. And now I can feel it in my stomach. (Long pause. Sighs). And now it's moving.

**Coach:** 11:55 That's a big sigh.

**Client:** 12:26 This actually feels very old. [Hmm-mm] Like because I remember as a child even not feeling completely happy.

**Coach:** 12:42 Hmm. And you're in touch with that now?

**Client:** 12:44 Yeah.

**Coach:** 12:46 What's it like to be in touch with that now?

**Client:** 12:59 It actually feels like, finally, like I'm acknowledging it, rather than I would always say why I'm not happy? There's no outward reason for it.

**Coach:** 13:18 You're just acknowledging now that you were unhappy, is that right?

**Client:** 13:29 Yeah, yeah.

**Coach:** 13:37 And what's it like to just acknowledge that?

**Client:** 13:43 It feels very nurturing.

[silence]

**Coach:** 13:45 Hmm. I feel you doing that. Beautiful.

[silence]

**Coach:** 14:29 So beautiful.

**Client:** 15:01 It feels like going into the cellar of an old, old house [Hmm] and just acknowledging that you've got all this and just opening the doors and windows. (sound distorts) because it keeps going. Moving, shifting.

**Coach:** 15:35 You said it's like opening doors and windows. What happens when you open those doors and windows?

**Coach:** 15:42 I let the air in and the dust shift. (**Client:** sighs.)

**Coach:** 15:57 That was another big sigh.

[silence]

**Client:** 16:00 Yeah.

**Coach:** 16:21 What's happening with the air blowing in and the dust moving around now?

**Client:** 16:31 It's getting aerated. (Both laugh).

## Wendy coaching Antoinette transcript

[silence]

**Coach:** 16:35 I feel the lightening up of that too.

**Client:** 16:51 Yeah.

**Coach:** 16:56 Is that still in your body where you're sensing that?

**Client:** 17:01 Yeah. Solar plexus now. I guess it's less than before. Less than, less in the body now.

**Coach:** 17:21 You said before it felt, you know really old, like when you were a child. [Uh-huh] I'm just curious whether what you're sensing now? What it's like now in terms of childhood or age or anything else? [Uh] If that's even relevant.

**Client:** 17:54 Uh, no because it's just just feeling. It's like if you if you did open a window in a summer, if there is a window in the cellar, um, it's you know how you can see the dust kind of floating around. It's kind of like the sun's in. And finally there's sort of light where there was darkness where you didn't know it was dark.

**Client:** 18:46 I keep yawning.

**Coach:** 18:55 Hmm hmmm. It's interesting that you didn't even know that was there.

**Client:** 18:58 yeah. Because what's interesting with the trauma is now just felt is that there is a lot of deep sadness. And as I say that some more kind of comes to the surface. Um and this is, you know, and so when I was a child, like I said, is this this you know, I was still getting on with life and I was doing things I was playing and dancing to do, but there was this sadness. And now it feels like it wasn't even the traumas. It was kind of always there! This is interesting because it's like the traumas actually brought it to the surface. Wow.

**Coach:** 20:14 What's the realization in that; in that Wow?

**Client:** 20:22 I want to say almost that the traumas were a gift, presenting to me this was here.

**Coach:** 20:45 What does that perspective open up?

**Client:** 20:52 You know before it was my husband's fault. It's, you know, the whole case situation. It was like somebody else's fault that this sadness was surfacing. And yet, it was always there.

**Coach:** 21:32 I hear what sounds almost like wonder in your voice.

**Client:** 21:37 Yeah. Like wow, you know, you know that life presents you with situations that you can grow and um, this feels like it was there to just reflect the sadness back to me. Show me what was going on. And all I do is feel it.

**Coach:** 22:15 Hmmm

[silence]

**Client:** 22:34 What's interesting is this sense of not feeling good enough, you know as a child. Um, and interestingly, even in the last week, which is so weird because you know, you think, got a PhD and I should feel really good and I was like having doubts about self worth. Which is so fascinating.

**Coach:** 23:14 How's that tied into the um sadness that you're feeling now?

## Wendy coaching Antoinette transcript

**Client:** 23:22 It's that it roots, it all comes from this. All of it.

**Coach:** 23:37 That sounds like a really powerful realization.

**Client:** 23:42 Yeah. It is.

**Coach:** 23:51 You know, at the very beginning you talked about uhm the topic of not feeling safe. And I'm curious too as you revisit that uhm topic. [of sadness?] 24:11 Yeah. What's the relationship between not feeling safe and this deep unearthing of the dust in the cellar that's rising up from way back in childhood? If any link.

**Client:** 24:36 There is a connection but I can't quite see it yet.

[silence]

**Client:** 24:44 It's like waves in the body. They keep coming and subsiding.

**Coach:** 25:44 What's it like to feel that now?

**Client:** 25:52 Feels like peace. You know like finally you've just listened to yourself.

**Coach:** 26:21 Hmm. At the beginning, you uhm said you wanted to, you said, "I want to resolve all of that." And as I listen to you describe how this deep and very old feeling seems to be underneath, you know, everything. [Hmm-mm] Uhm, I'm wondering if that's actually what you're doing, resolving all of that. How does that sound when I say that?

**Client:** 27:02 Yeah, it feels, feels that way. There's unending waves going on. What's interesting is I don't feel emotionally entangled with it.

**Coach:** 27:31 Hmm. What do you feel?

**Client:** 27:36 Grateful for the realization and to allow this to continue to move. [Hmm] And curious about how this is gonna look and feel.

**Coach:** 28:07 Uhm, any guesses or speculation that you'd want to make?

**Client:** 28:17 [laughs]. I'll feel lighter.

**Coach:** 28:28 [laughs] I wanted to circle back to something you said earlier, if that's okay with you unless you just want to stay with feeling what you are?

**Client:** 28:39 No we can do that. Well, because it's happening.

**Coach:** 28:44 You mentioned that before it always seemed like it was someone else's fault. The trauma you know, your husband. And then you uhm said that the trauma actually seemed more like a gift to bring up this deep sadness that you didn't even know was there in the cellar. And I'm curious to know, I guess how you see the role of your husband or those someone else's that were involved in the trauma. If you want to go there?

**Client:** 29:46 I'm just feeling that because things are shifting I can't put words to it. When I think about my husband now it feels like I'm looking at him with fresh eyes.

**Coach:** 30:36 What are you seeing?

**Client:** 30:42 I see a strong man. And I don't see him through the perception of the old anymore which is interesting. It's just so huge, like so huge, I can't even tell you. You're probably feeling all

## Wendy coaching Antoinette transcript

of that too.

**Coach:** 31:27 I am and I'm smiling.

[silence]

**Coach:** 31:38 And I have such admiration for you to have gone right deep to that cellar that you didn't know was there. And also admire your capacity to be with all those feelings. So many feelings you've already described.

**Client:** 32:31 Feeling now I just feel. You know when you feel like you're in a new space. I'm kind of looking around, and I see things as they are. But I'm seeing things in a new way. I don't know how else to say that.

**Coach:** 33:15 Yeah what's the quality maybe of that new way?

**Client:** 33:25 It's like a freshness. Lightness. And that's that.

**Coach:** 33:47 What's happening with those waves that were coming and coming?

**Client:** 33:57 So I'm just trying to feel into the sadness to see what's happening with that. Yeah, there's a shift in that. The stress when I said to you about the sadness, I could connect with it. Now I can't seem to find. Hmm. Then I'm thinking about all the different traumas. I'm trying to find something to latch on to to see if there is something. Huh.

**Coach:** 34:58 You mentioned the topic of your weight reminding you of the trauma and feeling uncomfortable. What happens if you check back to that?

**Client:** 35:16 Okay, let me see. Yeah. So there is that uncomfortableness but there is no longer an attachment to it being like the fault of someone else.

**Coach:** 36:00 What's the connection between that uncomfortableness and the joy you'd feel if your weight was the way you want it to be, or you could do the yoga poses you wanted to do?

**Client:** 36:16 I'm not sure I quite understand that question.

**Coach:** 36:19 Oh, um. Let me say it another way.

**Client:** 36:25 The reason is because there's, it almost feels like neural networks are kind of being dismantled. [Mm hmm]. So I can't. Yes, yeah. Just say it another way.

**Coach:** 36:43 Uhm, when we looked at what you wanted for today, it was to feel the joy you'd feel. Uhm if your body felt the way that you wanted it to feel. And you said that what was in between you and that joy was the uncomfortableness of your weight reminding you of the trauma.

**Client:** 37:11 Yeah.

**Coach:** 37:14 So I was just curious I guess where you're at in terms of moving towards that joy, that you wanted to get to?

**Client:** 37:31 I'm trying to see myself in the mirror. It's really weird, Wendy, cuz I feel like the neural networks are all the old feel like they are broken.

**Coach:** 38:17 Can you say that last bit again?

## Wendy coaching Antoinette transcript

**Client:** 38:19 The neural networks feel like they're the old ones feel like they're broken.

**Coach:** 38:35 Well you did say at the beginning to that your nervous system felt edgy.

**Client:** 38:40 Yeah.

**Coach:** 38:46 And now when you talk about your, the neural networks and feel those changing uhm, it sounds like you're noticing something happening on that level of your being.

**Client:** 39:00 Yes.

[silence]

**Client:** 39:45 [deep exhalation]. It almost looks like nothing looks the same anymore.

**Coach:** 39:54 Nothing looks the same, is that what you said?

**Client:** 39:57 Yeah.

**Coach:** 40:05 Yeah, you've mentioned that a few times; freshness, new eyes. And now nothing looks the same.

**Coach:** 40:25 In terms of using the session time to move forward on this topic, how would you say we're doing?

**Client:** 40:39 Holy moly. (laugh). Uhh. I mean, I've made that connection like, you know, just that deep sadness. I mean, I've never, ever been able to touch that. And we went straight there.

**Coach:** 41:14 Yeah. And what does it say about you that you went straight there?

**Client:** 41:23 I'm Wonder Woman. (both laugh).

**Coach:** 41:43 It sounds like you're still working, you know, working there.

**Client:** 41:51 Yeah. There's a lot of pieces unraveling. I'm not even sure what is unravelling. It's almost like you put the golden key into the door. So it's like there's so much. I'm sure it's gonna continue as well, it's not something that.

(**Coach:** and **Client:** start speaking at the same time)

**Client:** 42:34 Go ahead.

**Coach:** 42:35 No you go ahead.

**Client:** 42:38 No it's just like you know when you are going about your day, you're going about things. You still feel that joy, it's not that I didn't. But there was this this deep down something. Almost like I was trying to, uh, I did feel the joy. But it was like I guess it wasn't that deep.

**Coach:** 43:35 Because of sadness that was in the cellar, you didn't know?

**Client:** 43:38 Yeah, you know? Yeah, it's like if you clean your house, she, you know, a good spring clean. You feel really good. But because there's a seller that has all this dust. It's always there and it doesn't feel complete. I guess that's a good that's the good analogy. Like I can feel a lot of energy in my lower spine.

**Coach:** 44:17 What's the relationship between that joy and the cellar where the sadness was, now?

## Wendy coaching Antoinette transcript

**Client:** 44:29 It just wasn't complete because that was there. Almost like if somebody else's stuff was in your house in the cellar and you just kind of like just shut the door on it.

**Coach:** 44:58 So as we kind of round the corner towards the end of our time that we have here today to work with this, what will happen next for you with this?

**Client:** 45:21 I don't know. Because it feels new. I'd rather just keep it new, I guess. Still so much moving.

**Coach:** 45:54 Hmm-mm. I can hear that and feel that. And I sort of wish that we could stay with it together.

**Client:** 46:03 Yeah, that's okay.

**Coach:** 46:08 So as you continue to be with that shifting and changing and hold that clarity to just let it be new. Are there any resources, inner resources or outer resources, that you'll want to draw on to support you in that?

**Client:** 46:31 Inner resources would be just being present and allowing it to. Ah, it's just such a gift. Um, outer resources. Well I have you, huge, huge gift. Um, meditation. Uhm. I'm really lost for words coz I don't know how else to tell you this, but it just feels like my whole body's being rewired. And nothing looks the same. In the sense, I'm looking at the cabinet or window and it still is That cabinet and That window, but there is something new.

**Coach:** 48:14 That sounds amazing and I can't wait to hear more.

**Client:** 48:19 Me neither. Thank you so much.

**Coach:** 48:30 My pleasure.

**Client:** 48:33 So what's interesting is that I, all my life I tried to push this away and wanting to find joy was pushing this away as well. Does that make sense?

**Coach:** 48:51 Mm hmm.

**Client:** 49:04 I am curious how this is gonna show up in the body even.

**Coach:** 49:08 [giggle] Mm hmm. I can't wait to hear as well.

**Client:** 49:16 Yeah.

**Coach:** 49:18 So as you continue with all of that on your own, is there anything else you want to say as we close off, you know, the spoken connection of this session?

**Client:** 49:33 Just wow. [coach laugh] I'm deeply grateful. That's all I can say. I'm deeply grateful. Who would have thought. All it was was just a simple connecting the dots.

**Coach:** 49:57 I'm so glad you were able to do that here with me today. So, so happy for you. And it's so satisfying to be with you. Hmm-mm.

**Coach:** 50:08 I'm going to stop the recording now. Thank you.

**Client:** Thank you