



Eye of the Storm

Finding Peace Amidst Chaos

Mastering the deep spaces, hard
places, and chaos in life.

with Deanna Stull, PCC

My Why...

T

he entirety of the past ten years of my life have brought me to this moment and this class.



I was an expert at avoiding the challenging parts of life until the universe handed them to me on a silver platter when my partner was diagnosed with leukemia ten years ago in May, 2010. I handled everything and failed simultaneously. I over-performed, I didn't ask for help, I didn't look for support, and I shared very little with very few. I ended up with a PTSD diagnosis and some intense health challenges brought on by stress.

After my partner's death, I fell apart. In the falling apart, I found a new way of being. I became an open book, more vulnerable than ever in my life. I journaled grief on Facebook for the whole world to read. I started talking about the things most wanted to avoid, and I did it regularly. I began coaching adults with histories of abuse. I became a hospice coach to the dying. I took up residence in the deep spaces with a resolve to change them.

Which is why we are here, now. I want to teach as many as I can how to handle all that life may hand us, with as much grace and ease as possible. I am here as your sherpa of the dark recesses of life, to guide you, but also to bring light. These harder moments can also be profoundly beautiful, and I am hoping that opening up the discussion about how to see them, how to coach them, and how to master them will lead you to a sense of peace and certainty in even the dark night of the soul.

Take my hand, my friend, as we step into a room with all the things we've been too fearful of exploring.

I am with you,
Deanna

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Eye of the Storm Syllabus – CLASS ONE

Why people resist discussing the deep spaces in life.

You. Who you are in the challenge and chaos.

- Your Story & Your Bias
- Your Capacity & Your Resiliency
- Your Presence

Begin the conversation around your restorative practices to support this deeper work.

- Meditation
- Gratitude Practice
- Self Care

Introduction of Storming® Methodology.

Storming Methodology®- Step One.

Establishing Safe Space. Understanding Story. The Science of Resiliency.

Storming Methodology®- Step Two.

Trust. Truth. Time.

Storming Methodology®- Step Three.

Orientation. Overwhelm. Options.

Storming Methodology®- Step Four.

Resiliency & Restoration. Rumination. Redemptive Assistance.

Storming Methodology®- Step Five.

Mourning. Movement. Meaningful action.

Storming Methodology®- Step Six.

Inspiration. Influences. Inquiry.

Storming Methodology®- Step Seven.

Needs. Neuroplasticity.

Storming Methodology®- Step Eight.

Growth. Greatness. Gratitude.

Coaching Guide Review



Eye of the Storm Syllabus – CLASS TWO

Storming Methodology®- Step One.

Establishing Safe Space. Understanding Story. The Science of Resiliency/Fear/Trauma.

Establishing Safe Space.

- Permission Space.
- `Profound Belonging
- Profound Neutrality.

Understanding Story: Discovering your client's story in challenge, Looking for: Past patterns.

- Do they feel capable?
- What do they tell themselves about the challenge, the deep spaces and who they are?
- What are the deep spaces teaching them about who they are?
- How does your story about challenge impact how you coach?

Science and Current Research of Resiliency, Fear and Trauma.

- Introduction to the science of happiness and Resilancy,
- The science of trauma.
- The origins of fear and its root in the amygdala.
- Post Traumatic Stress Disorder versus Post Traumatic Growth



Eye of the Storm Syllabus – CLASS THREE

Storming Methodology®- Step Two.

Trust. Truth. Time.

Establishing Trust.

- Empathy versus Sympathy.
- White Knight Syndrome.
- How does your self-trust impact how you coach?
- Profound Neutrality, revisited.

Establishing the Truth of what is.

- Do they feel capable?
- What is below the façade?
- Mindfulness
- Over Reaction/Reaction/Response and how over response can be harmful.

Time.

- Time in the middle of chaos.
- What is possible, right now?
- Adapting life to what is, time changes in chaos, how do you keep up?
- What are the deep spaces teaching them about who they are?



Eye of the Storm Syllabus – CLASS FOUR

Storming Methodology®- Step Three.

Orientation. Overwhelm. Options.

Orientation.

- Fixed versus Growth Mindset.
- Strengths or Weaknesses?
- Over-performer or under-performer?
- How does your orientation impact how you coach?

Coaching The Overwhelm in Chaos.

- Fight, Flight. Freeze. The limbic system in chaos.
- Survival intention versus reasonable fear.

Options:

- Fear creates tunnel vision, how do you expand to include the all of the experience.
- Black/White, Right/wrong thinking and embracing the middle way.
- The lose of choice and how it impacts expression of needs. Choice Fatigue.



Eye of the Storm Syllabus – CLASS FIVE

Storming Methodology®- Step Four.

Resilancy & Restoration. Rumination. Redemptive Assistance.

Resilency and Restorative Practices.

- Where are they now? What is there state of resiliency.
- How to increase resiliency?
- Meditation and its impact of mind, body, spirit
- Revisiting Gratitude Practice.

Restorative practice during high stress moments.

Rumination and why its so dangerous and what is the alternative.

- Rumination, definition and understanding.
- Catastrophizing.
- Monkey Mind, fatigue and brain fog.

Redemptive Assistance:

- Creating and day plan and w week plan..
- When habit, structure and to-do lists are positive and necessary.
- Relationship environment assessed, roles understood.
- Redemptive partner or group.
- Who is available for neutral support. What is Neutral support?



Eye of the Storm Syllabus – CLASS SIX

Storming Methodology®- Step Five.

Mourning. Movement via meaningful action.

Mourning:

- Grief is a part of most significant chaotic moments.
- Getting clear about the loss, it's not always the obvious.
- There is no normal in grief. Time, structure and linear thinking may not exist, so how do you coach this space?
- Empath versus Sympathy, revisited.
- Assumptive Assistance, what is it and why is it so challenging..
- Is the language of "new normal helpful or harmful?
- How does your biases about grief impact how you coach?

Movement via meaningful action.

- Over Reaction/Reaction/Response and how over response can be harmful.
- Hypervigilance/PTSD/Depression/Anxiety
- Survival intention versus reasonable fear.



Eye of the Storm Syllabus – CLASS SEVEN

Storming Methodology®- Step Six.

Inspiration. Influences. Inquiry.

Inspiration.

- What gives them hope? What brings them back to calm?
- What are they inspired by?
- Soul Inspiration® and how to cultivate a place of peace within.

Influences.

- Who do they count on?
- The impact of chaos, challenge and messiness on relationships.
- Familial beliefs. Cultural Beliefs. Generational beliefs. Epigenetic Memory.
- Environmental Design.

Inquiry.

- When can you go deep?
- What role does powerful questioning play, when and where?
- Appreciative Inquiry.



Eye of the Storm Syllabus – CLASS EIGHT

Storming Methodology®- Step Seven.

Needs. Neuroplasticity.

Needs.

This is a complex space in challenge. It subtle and loud, simultaneously, nuanced and deep.

- Processing Needs - Heirarchical Needs.
- Clarifier: Need or societal norm?
- Clarifier: Guilt or Need.
- Requesting help, the challenge of requests.
- How the support team shows up and its influence on well being.
- The 2 am challenge.

Neuroplasticity.

- Awareness of past patterns.
- Path of least resistance, is it the path to choose?
- Habit versus meaningful action.



Eye of the Storm Syllabus – CLASS NINE

Storming Methodology®- Step Eight.

Growth. Greatness. Gratitude.

Growth.

- Post Traumatic Growth.
- Embracing "becomings" in the mess of it all.

Greatness.

- The call within the chaos, finding yourself in the moments that bring you to your knees.
- The beauty of chaos and discomfort, how is it a teacher.
- Joy, perfection, and greatness in hard times.

Gratitude.

- Finding the shred of rightness.
- Relishing/Savoring the Moment.
- Gratitude Practice Revisited.
- Three Blessings.



Eye of the Storm Syllabus – CLASS TEN

Review of methods and theory.

What is next? How to start to grow this aspect of your practice.

- Ethics
- Malpractice
- Lines between coaching and healing professions.

The Courage to weather the Storm.

- From where does hope come?
- Life continues as usual for everyone else, how do you coach them to be in "regular life"
- The solitary feeling of the storm.
- Forgiveness.

Becoming The Eye, are you ready?

- What are your fears?
- What is your biggest Challenge?
- Where is your support?

Open Q and A.



Start Here

This is where your journey begins.

Your exploration through guided journaling will give you a foundational understanding of who you've been in the storm so as we progress through this journey of the deep together you are transforming through experience.

Your understanding the concepts based on your own experience by being in them, even retroactively. You can not be a spectator of the storm, you are a witness and a guide who's own journey is important.



your story

Learning from your Past

Being deeply aware of our own experiences help us to stay in a space of neutrality when we are supporting others in the challenges of life.

Take some time to reflect on your most challenging life experience to date. If you could do anything differently what would it be? This is ONLY about your actions and your presence, the scenario would remain exactly as it was and you were different.



your story

Learning from your Success

In this challenging experience, where did you shine? What strengths did you rely on to get you through?

How did you show up well, centered, strong and authentic. What allowed you to be this in chaos?



Class One *You.*

"We can only share deeply with someone
who stand to bear the weight of our
story."

Brene Brown

"The level of vulnerability in sessions will
only ever be equal to your level of
vulnerability in the world."

Deanna Stull.



YOU.

Your ability to be empathetic is directly correlated to your level of vulnerability. Learning to be masterful in your own discomfort, uncertainty, and change is essential. Your experience and presence will reflect deeply here, gaining awareness about fears, bias and resistance is a necessary step to coaching/succeeding in these spaces.

**You can not be a knower here.
You can not be a learner here.**

You must be the voice in between.

What does this mean to you? Why do you think this is important?

Welcome to the middle way, the third way, the grey spaces, the places in between, as a coach of the storm, you will spend a lot of time here. This is your home base; this is your solid foundation. This is where we bring what we know, what we don't know, and start to create the eye.

The eye of the storm is the center of a chaotic hurricane. It is the place of calm amid tornadic activity. As the messiness, fear, uncertainty, anger, shame, guilt, sorrow, rejection, loss, and rumination swirls around you, you create a space that is clear, supportive, loving, and always there.

Always there.



*I am
with
you.*

To create this calm center for another and NOT get caught up in their journey, pain, and fear, you have to look at your own patterns, beliefs, coping strategies, and actions when you are personally in the mess of it.

This part can be hard. But we will step into this hard space together, with arms locked and the willingness to see who we really are so we can impact others. Judgment free awareness is required here. Knowing is officially off-limits.

Instead, we come with one belief, one framework that will be the basis of everything we do from this point forward.

I am with you.



I am with you.

What are your habitual responses to people sharing vulnerable moments or the deep spaces in life? Where did you learn to react or respond this way? What is this response teaching someone about the safety of sharing with you? Be truthful here, think about who you ARE, not who you hoped to be. There is importance in embracing what is, as we can all learn from your ways of being.

**“When we protect ourselves so we won't feel pain, that protection becomes like armor, like armor that imprisons the softness of the heart.”
- Pema Chodren**

How do you respond when someone asks about you and your life challenge?



notes

A large, empty rectangular box with a thin black border, intended for taking notes.

Understanding resistance?



Fears

Bias

Cultural - Generational - Familial

Beliefs

The Taboo conversations

1. Illness

2. Death

3. Grief

4. Infidelity

5. Breakups/Divorce

The Taboo conversations

6. Financial Challenge

7. Family Challenge

8. Abuse

4. Emotion - Feelings

5. Truth-telling



Your Capacity - Your Presence

Who do you want to be in these spaces? Who do you need to become? What aspect of your presence can you grow to be more powerful in the storm?

**“Storms make trees take deeper roots.”
- Dolly Parton**

What strengths can you better utilize to be more powerful in these moments?



Introduction of Storming® Methodology.

Storming Methodology® is not a linear method, and each step does not have a script. Each "step" or component is a way to see a challenge and a way to be in the challenge.

We are stepping into an advanced area of coaching; it requires you to trust the process of coaching and to believe in it enough that you can let go of linear steps and be in the flow with your client. There are ways of being, with a basic structure to start each session. But storms are messy, are rarely predictable, you will need to adapt, often.

This level of coaching will require you to bring your authentic self and your presence to the journey, every time. Coaching someone who is in, or recovering from, a challenging place is amorphous, how you approach your sessions will change based on what is happening at the moment. Coaching The Storm is very different from coaching anything else.

Getting a clear coaching agreement is imperative, as these spaces are chaotic. To avoid rabbit holes and paths leading to nowhere, you must be clear of the overall objective of the coaching relationship and not lose sight of this objective, because in all likelihood, they will.

Storming Methodology®- Step One.

Safe Space. Story. Science of Resiliency.

Storming Methodology®- Step Two.

Trust. Truth. Time.

Storming Methodology®- Step Three.

Orientation. Overwhelm. Options.

Storming Methodology®- Step Four.

Resiliency & Restoration. Rumination. Redemptive Assistance.

Storming Methodology®- Step Five.

Mourning. Movement. Meaningful action.

Storming Methodology®- Step Six.

Inspiration. Influences. Inquiry.

Storming Methodology®- Step Seven.

Needs. Neuroplasticity.

Storming Methodology®- Step Eight.

Growth. Greatness. Gratitude.

Basic Structure of Storm Sessions

1. Release

Check in at the beginning of sessions in the storm are very different. You have to set agreements early on about this beginning space. It's very easy for people in the storm to stay in story for the entirety of an hour long session if the presence of the coach isn't strong enough and centered enough to bring them to present moment..

This part of the session they are letting go of all that has happened since you last spoke, and def[ending on the storm, it could be a lot. The start of the session can waiver between download, venting and updates. Learning to guide this moment requires nuance and sensibility. There will be sessions comprised of only this in significant storms. But the hope is to move them out of story and into a clear space for regrouping and action.

You need the strength to guide your client.

2. Refresh

Here we coach the energy of our clients. Bringing them to the present, to the now. Fear, worry, anxiety all live in either the past or the future, if we can bring them to the present space you can begin to make room for learning, for reviewing and for coaching. In the storm, this is where they come back to authentic self, outside of the storm, outside of the blinders fear created. When we can guide them back to now, we open up the horizon for what is next.

3. Review

Looking at what is happening with a new perspective requires a deep presence and a willingness to sit in discomfort as a coach. This is where we challenge story, expand possibility, and remove the blinders cause by fear and pain. The truth can be fear in the storm, as it often requires action.

Timing is everything here. Trusting your intuition, and your full sense of when to step in is imperative. Small steps are often required. and even they can feel like to much. And since this can be a very contrary space, your client may take big leaps or feel like things aren't moving fast enough. You are here to be a voice of perspective and judgement free awareness. Once they start to see, really see, what is unfolding, and honor truth, you are ready for meaningful action. Before the clarity of truth and acceptance of what is action may be micromovements or safe space actions.

4. Resolve

Resolution has many forms when we are coaching the storm. Action happens when we have a truthful holistic view of the scenario and life of our client. Knowing what meaningful recurring actions are required is first in this discovery process, and be prepared for them to change and morph as you learn more about what is involved. Sometimes resolution is putting out a fire from a lightening strike, sometimes it is about

5. Renew

The renewal is of their sense of self and their capabilities.

It is a renewal of strength with an understanding of the truth in the storm. They leave with clarity around who they are and what they are truly capable of for the next week. It is a renewal of energy, at times of hope and often the belief they are capable of handing what is next.



notes

Inquiry

WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

Questions for Release

- What is the most important thing to share about your last week?
- What do you need to clear before we start?
- Is there anything you need to speak out loud to make space for what is next?
- Are there any urgent needs that take precedent?
- How did you show up last week?
- Have there been any significant changes you need to share before we start?

Questions for Refresh – Appreciative Inquiry

- What went right this week?
- For what are you grateful?
- Where did you succeed?
- What has changed for the positive?
- What is the shred of rightness about the past week.
- Where are you, right now, in all of this?

Questions for Review

- What do we need to process together?
- What feels unfinished?
- Where do you need support that you have not yet received?
- What is unspoken?
- What is unspoken, even to yourself?
- Who is this storm asking you to become?

Inquiry

WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

Questions for Action

- What is the most important thing you need to accomplish this week?
- What support do you need and how can you get it?
- Are there any urgent actions that take precedent?
- Are you realistically able to practice recurring actions this next week?
- Have there been any significant changes you need to share before we start?

Questions for Renewal - Appreciative Inquiry

- How did you use your strengths in a meaningful way?
- What has changed for the positive?
- Where are you really showing up and how?
- Where are you courageous and authentic?
- Where are you making a difference?



notes



Class Two
Space. Story. Science

"Sometimes there is so much that needs to be said that we must get really quiet in the hopes that someone out there is listening hard enough to the silence to hear every last word."

Jeanette LeBlanc

"The story you tell only teaches me half of who you are, I am more interested in what you are not saying."

Deanna Stull



Permission Space.

Permission space is tricky in the middle of chaos.

You will dance between tender and powerful often. Knowing when to be either requires profound presence and listening skills.

To gain permission at the beginning of a relationship or chaotic experience, you cannot turn away from any emotion or sensitive moment. You must be comfortable and willing to be with what it is.

There will likely be tests in this space. Your client will take a step in to see how you handle it, the level of trust in your partnership will be directly related to how you show up in this moment.

If you can find the courage to stand tall and face whatever they're presenting to you directly, you will have permission from that point forward to go to the deeper spaces.

“Permission space is an ethereal agreement between you and another, but also with yourself. It is ineffable, hard to define, but quick to eliminate.”
- Deanna Stull

Create your own definition of Permission Space.



Permission Space

Required to create permission space

- Completely Present / Mindfulness
- Courage
- Vulnerability
- Willingness
- Mindfulness
- Presence
- Learners Mind
- Profound Neutrality

What hinders permission space?

- White knight syndrome
- Tipping
- Fear
- Distraction
- Knowers Mind
- Lack of self awareness



notes



Profound Belonging.

Profound Belonging is the willingness to offer all of whom you are while accepting the all of another. You stay in curiosity and openness with everything your client brings to the relationship.

It is the ultimate space of vulnerability, and it is a requirement for coaching the deep spaces.

Profound Belonging requires equanimity at all times. You bring different perspectives, skills, and understanding of each other, but equality must remain at all times.

“Profound belonging can happen in a instant, but it requires an open presence and an extreme level of vulnerability.”
- Deanna Stull

What keeps you from remaining equal with people? What is your distancer pattern?

Profound Belonging

Required to create Profound Belonging

- Completely Present / Mindfulness
- Courage
- Vulnerability
- Openness
- Equanimity
- Presence
- The Middle Way / The Space in between
- Profound Neutrality
- Curiosity
- Tenderness
- Love

What hinders Profound Belonging?

- Fear
- Distancing/Walls
- Distraction
- Knowers Mind
- Lack of self awareness



notes



Profound Neutrality.

Profound Neutrality starts with you. It is time to begin the journey of self-neutrality.

Finding where you are still in judgment of self, choices, and your past is essential. It is a life long journey to free yourself from these attachments; awareness is the beginning. Your exploration of your journey is necessary to remain neutral in highly charged moments. Look for a harmonious view of yourself, your experiences, and who you are in chaos to begin walking this path.

To stay in the space of Profound Neutrality, you must let go of trying to prove, convince, or compel anyone in any way, including yourself. The only thing you can do in the space of profound neutrality is to be with truth. Truth, in this experience, is a shared journey. Co-created truth is always more powerful and balanced. It is not, however, easier. This is a life-changing paradigm that required letting go of attachment to story and ways we see the world as an individual to see possibility and significantly expanded capacity.

The challenge with truth and The storm is its often changing as the experience unfolds.

You will have to keep what you know from past sessions separate from each session following until you both discover it still has meaning in this new experience.

This is a co-created discovery, and the meaning is sussed out, together.

How is neutrality different from judgment-free awareness?

Profound Neutrality is a shepherding in of facts, or truth, of what is, with a mastery of harmony. It includes judgment-free awareness but always embraces both sides, the light, and the dark, the positive and negative. It is used in heightened states of emotion to level the playing field and come back to a space where curiosity and wonder are brought back into the conversation.



Profound Neutrality.

What attachment do you have to let go of to step into the walk of Profound Neutrality?

**Until we are neutral, we are in judgement”
- Deanna Stull**

What does your last reactive moment teach you about your growth opportunities?



Profound Neutrality

Required to create Profound Neutrality

- Truthteller
- Equanimity
- Vulnerability
- Courage
- Mindfulness
- Presence
- Empathy
- Masterful Pacing
- Shepherding versus leading
- Silence

What hinders Profound Neutrality?

- Fear
- White knight syndrome
- Knowers Mind
- Lack of self awareness
- Attachment
- Confusing control with love
- Confusing
- Their truth or your truth versus co-created truth
- Uncomfortable with discomfort
- Coach talking, talking, talking



notes

their story

Learning from your clients Past

A robust, holistic understanding of your client's past story before the Storm entered their life is one of the most critical skills at the beginning of coaching chaos successfully.

Understanding your client's previous experience, how they handled stress and challenge, where they succeeded, and where their breaking points occurred lets you navigate with background knowledge.

Your understanding of their relationship environment is equally important. What does their relationship environment expect, believe, demand of your client?

How and what will your client share with their experience with their relationship environment and why. What roles have they adopted, over and over, again?

Triplex listening allows you to hear the story of what's happening beyond what they are saying. Making a note of pattern language, limitations, fear, and beliefs about self, all may impact how they navigate The Storm.

Separating interpretation from fact very quickly, recognizing limiting beliefs, weakness, or fear orientation as well as strengths, inspiration, and courage is part of the coaching agreement in this method; it sets a tone for the remainder of your coaching partnership.

It is an interesting paradox, as you are wanting to learn about their past experience while simultaneously holding a space profound neutrality.



notes

Resiliency Practices

GRATITUDE PRACTICE

- Morning and evening practice, 3 - 5 things each time, can repeat.
- In fearful or anxious moments.
- Including why you are grateful increases the benefit.

MUSIC

- Marconi Union Weightless - 10 hour version.
- Any binaural beats based music.
- Music associated with fond or happy memories.

KINESIOLOGY

- Power poses to change your physiology.
- Exercise.
- Walking Meditation.

MEDIATION

- Morning and evening practice, and as needed for coming to center.
- www.insighttimer.com - Free
- www.calm.com / www.headspace.com

ALTRUISM

- Write a vulnerable and sincere thank you letter and then read it to them in person.
- Random acts of kindness.
- Give a small gift every day for a month.

ENVIRONMENTAL DESIGN

- Physical Environmental Design to support future orientation.
- The circle of three, sharing story.
- Only positive books, films, music, audio.



resources and sources

Gratitude Practice

https://ggsc.berkeley.edu/what_we_do/major_initiatives/expanding_gratitude/gratitude_multimedia

<https://positivepsychology.com/neuroscience-of-gratitude/>

Meditation

<https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>

<https://www.wbur.org/commonhealth/2018/04/06/harvard-study-relax-genes>

Music

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4428073/>

<https://www.inc.com/melanie-curtin/neuroscience-says-listening-to-this-one-song-reduces-anxiety-by-up-to-65-percent.html>

<https://link.springer.com/article/10.3758/BF03201225>

Altruism

<https://www.nature.com/articles/ncomms15964.pdf>

https://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you

resources and sources

Kinesiology

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

<https://link.springer.com/article/10.1007/s12160-016-9856-y>

<https://www.entrepreneur.com/article/331696>

<https://www.forbes.com/sites/kimelsesser/2018/04/03/power-posing-is-back-amy-cuddy-successfully-refutes-criticism/#6affeeae3b8e>

<https://www.psychologytoday.com/us/blog/urban-survival/201712/new-study-finds-meditation-walking-reduces-anxiety>

Environmental Design

https://www.researchgate.net/publication/322996237_Do_You_Live_Happily_Exploring_the_Impact_of_Physical_Environment_on_Residents'_Sense_of_Happiness

<https://www.scpr.org/news/2014/12/04/48457/what-watching-movies-can-tell-us-about-how-our-brain/>

<https://www.inc.com/christina-desmarais/why-reading-books-makes-you-a-better-person-according-to-science.html>

https://news.berkeley.edu/berkeley_blog/the-science-of-the-story/



Class Three
Trust. Truth. Time.

"If you are not coaching the truth of
what is, you are not coaching."

Deanna Stull.



Empathy.

Empathy versus sympathy

In the discussion of empathy versus sympathy, we will first reference Brené Brown. Her understanding and definition of the difference between the two is really impactful. I suggest watching this video, which is a short clip from her full-length audio on audible.com called *The Power of Vulnerability*.

<https://youtu.be/1Evwgu369Jw>

From my perspective, empathy is the place where someone walks next to me in the difficult moments> they understand because they are walking with me, or maybe they've experienced things similar. Still, they will not make the experience about them; even if they reference their experience, it is client-centric.

They acknowledge the challenge and the emotion that comes with it, but they're not comparing it, nor are they trying to fix it.

They are just standing with me in the space. They are bearing witness. They are bringing a voice of neutrality. And although they are with me, they are also seeing the things the blinders keep me from noticing.

Sympathy is a very distanced perspective. "I'm so sorry for you. I'm sad that you're experiencing this. It looks really challenging and tough, but I can't walk with you. I can tell you what to do, I may compare it to my own experience, but you will never be my equal in the space.

This is where profound neutrality makes a difference. When you are neutral in the space of challenge, you are in a true empathetic role, coming from the equal belief in both in the coaching partnership and the client. You're able to be with them in the emotion, and you might even feel it, but you do not assume it. You do not own it, you did not make it yours, and you do not react to it. You approach it with a sense of humbleness, honor, and deep abiding respect in the human who is sharing it with you.



White Knight Syndrome.

Although we convince ourselves that white knight syndrome is about taking care of others it's really about us. That's why it's so challenging and very difficult to re-pattern.

White knight syndrome is directly related to survival intentions, it's where our survival intention convinces us that showing up for people in this way, "helping them" When in fact it's about proving our own worth and value in the world.

White knight syndrome can include any of the components below :

- Proof of worth or value
- Proof of belonging
- Proof of enough
- Overreaction
- Over response
- Guilt
- Shame
- A sense of better than
- A belief of "they can't handle it on their own"
- Burn out
- Martyrdom
- Extreme sacrifice
- Resentment

The biggest challenge of white knight syndrome is it has a very intense sense of judgment that we often do not acknowledge, and it instantaneously destroys Equanimity and profound belonging. The unspoken judgment is, "I am more capable than you." White knight syndrome is usually not an ask of the other, it is usually the white knight stepping in to save the day.

White knight syndrome and fulfilling an actual need are very different. The difference lies in the pattern or survival intention underneath the action and "the sacrifice" that comes from the action.



Capacity.

Does your client feel capable? Do they believe they can handle what is unfolding? Capabilities change significantly during challenging times. Exploring three critical areas at the start of the engagement or challenge keeps the coach and client on the same page.

- Emotional Capacity.
- Capacity for actions.
- Relationship Capacity.

Emotional capacity is the foundation for everything in chaos; if your client isn't processing emotions and getting support, it can lead to meltdowns on all three spaces.

Powerful questions around what they need to feel emotionally self-expressed and centered as possible help your client to find their solid ground.

Patterns will play a role here.

What is their typical response to emotion?

How do they process emotion outside of the storm?

When stressed or at their limit, what happens?

Are there things you can pay attention to know they are on a potential negative path?

Capacity for actions.

Learning the goldilocks measure of meaningful and daily action requires a deep understanding of your client. Truth-telling and seeing truths before they do allows you to guide your client to a space of support and actions which is very different from the dynamic harmony of support and challenge we typically pursue in sessions outside the storm.

The amount of your challenge will be limited while coaching the storm. What you're looking for is harmony between support and actions. Spend time figuring out what is required on a daily basis that has to be done. These are non-negotiable actions that can be related to the storm or challenge and also just everyday life; these are the non-negotiables that have to happen no matter what is going on.



Capacity.

It is worthy to note that in times of great challenge, things that will be on this list are things that you might consider actions that don't need to be discussed. You need to leave those concepts behind too get a truthful check in on what is really happening.

Amid great challenge, ordinary daily things like bathing self-care and eating can quickly disintegrate in the fears of emergent issues. Part of what you were here to do as a coach is to help people stay on track with the things that will most impact how they can show up in the rest of the experience of the storm. Personal care and self-care will be something that you will need to get curious about, potentially in every session, depending on the severity of the storm.

Capacity for relationships.

The capacity for relationships in the middle of chaos changes exponentially. Doing relationship and network scans with your clients, preemptively, will significantly reduce stress and conflict.

Help them truthfully look at relationships that support them without requirement of reciprocity. In the time of challenge your clients will need people who are willing to step up without having to have a need satisfied themselves. Environmental design will help your clients not only receive the support they need but also minimize significant expenditure of energy and emotion.

Helping your clients to recognize:

- Supportive relationships
- Relationships without need for reciprocity
- Venting or reflective relationships
- Supportive action relationships
- Safe space for emotion relationships
- Drama oriented relationships
- Conflict relationships
- Egocentric relationships
- White night relationships



notes



Self Trust.

What do you know about your own experience with Capacity, Empathy and White Knight Syndrome? Are your survival intentions influencing how you coach these spaces?

Until we know ourselves in these spaces, we can't masterfully coach others"
- Deanna Stull

Where are your growth opportunities?

Red Flags



Hypervigilance

Hypervigilance is an enhanced state of sensory sensitivity accompanied by an exaggerated intensity of behaviors whose purpose is to detect activity. Hypervigilance may bring about a state of increased anxiety which can cause exhaustion. Other symptoms include: abnormally increased arousal, a high responsiveness to stimuli, and a constant scanning of the environment. Source: Mayo Clinic



Anxiety

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last. - Source: Mayo Clinic



PTSD

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event – either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. - Source: Mayo Clinic



Depression

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living. More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Source: Mayo Clinic



Goldilocks Theory.

The Goldilocks theory comes from my understanding of The space of reaction and response in the storm.

What you're looking for is what is just right for each person that you coach, and it's very different from when you're coaching somebody outside of the storm.

We're trying to do, in the space of reaction versus response, is to find that place that's just right for each of your clients.

Two things that we're really looking for is are they performing in the best capacity that they can in the moment OR are they in a powering through potential danger-zone space? The in the moment peace here is really important. Dependent upon the severity of the storm, reaction can be necessary. Emergent moments will require some of that energy.

So we look for that harmonious space that keeps our people as balanced as possible and out of the overreaction and at times the over-response space.

“In The Storm, you are striving for a “just right” space with everyone, and this space changes, sometimes minute by minute Being fluid, is necessary.”
- Deanna Stull

What keeps you from being fluid in your client experience?



Time.

Time in a storm is very different from time during regular life.

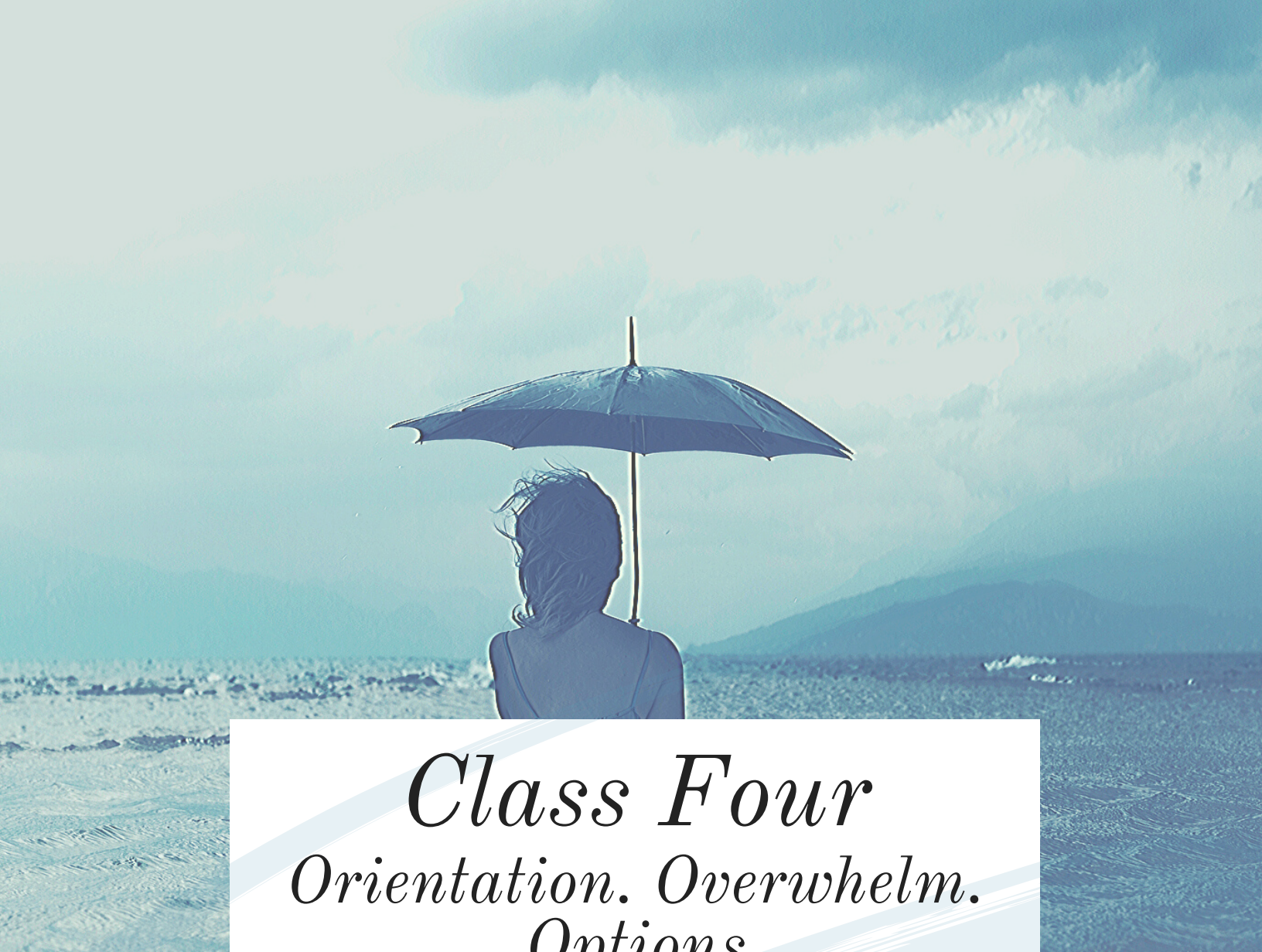
A controversial statement, because we know the time doesn't actually change, but the perception of time does, and the change is amorphous, different and a rapidly moving experience.

How one perceives time will be based on the actual truth of what is happening, the circumstance, self - preservation beliefs, fears, and waiting.

This experience of time in the storm Can potential he impact everything else we discussed in this chapter. Inquiry curiosity and wonder are required in this place. You have to suspend your beliefs about what time looks like in order to understand what it feels like for your client.

Helping your clients to recognize:

- Unrealistic beliefs
 - Thinking everything will be as it was before the storm
 - Not letting the extraneous go
 - Relationships outside the storm that create undue demand
 - Career/work/family time needs
 - "I can do it all" beliefs and the impact
 - Confliction with self preservation patterns
- o



Class Four
Orientation. Overwhelm.
Options

"Knowing how you see yourself, life and the world opens up new options and new ways of being."

Deanna Stull.



Fixed versus Growth Mindset.

Determining mindset, either fixed or growth continues the journey of truthful action. Combining the understanding of relational capacity, action capacity, and emotional capacity with the of idea or fixed or growth mindset gives a full holistic view of what is possible with clients.

Growth mindset clients will be oriented in the belief that they are capable and if they're not it's just a matter of learning or acquiring skills. Growth minded people have a tendency to thrive in challenge and are often times good in crisis scenarios. Growth minded clients are also capable of receiving feedback and experiencing failure with an orientation to what's possible. They are natural win or learn humans.

Growth minded clients have a better capability for patients, for growth overtime, and for being creative and innovative with challenge.

Growth mindset does allow clients to handle chaos and the storm with a positive mindset and a lot of skills that are helpful. The challenge with growth mindset is thriving in chaos can lead to burn out as it is hard to step away from the call to solve, innovate or figure out a way through.

Fixed mindset humans come with mire unique challenges in the chaotic spaces.

As Carol Dweck is quoted in her book, *Mindset*, "becoming is better than being. The fixed mindset does not allow people to luxury of becoming, they have to already be. "

The challenges with fixed mindset is it is natural orientation to, "I can't do it."

Fixed mindset is a very risk-averse framework, most storms include some level of risk if not great risk, this will challenge fixed mindset clients significantly.

Fixed mindset believes that talents and traits are fixed and do failure is very difficult if it challenges their understanding of talents. Since the belief is based in natural assets, growth stemming from chaos can be met with disbelief or distain.

Fixed mindset may hide failures, set backs and may respond poorly to feedback. Feedback often feels personal thus creating a defensive stance.

Both mindsets will influence how we coach action, setbacks, and the emotional turmoil of the storm.



Fixed versus Growth Mindset

Are you fixed or growth mindset? How will your mindset influence how you coach?

“For twenty years, my research has shown that the view you adopt for yourself profoundly affects the way you lead your life”.

Carol Dweck

Where are your growth opportunities in mindset?



Cultivating Growth Mindset .

There are eight general approaches for developing the foundation for such a mindset: Create a new compelling belief: a belief in yourself, in your own skills and abilities, and in your capacity for positive change.

View failure in a different light: see failure as an opportunity to learn from your experiences and apply what you have learned next time around.

Cultivate your self-awareness: work on becoming more aware of your talents, strengths, and weaknesses; gather feedback from those who know you best and put it together for a comprehensive view of yourself.

Be curious and commit to lifelong learning: try to adopt the attitude of a child, looking at the world around you with awe and wonderment; ask questions and truly listen to the answers. Get friendly with challenges: know that if you mean to accomplish anything worthwhile, you will face many challenges on your journey; prepare yourself for facing these challenges, and for failing sometimes.

Do what you love and love what you do: it's much easier to succeed when you are passionate about what you're doing; whether you cultivate love for what you already do or focus on doing what you already love, developing passion is important.

Be tenacious: it takes a lot of hard work to succeed, but it takes even more than working hard—you must be tenacious, weathering obstacles and getting back up after each time you fall. Inspire and be inspired by others: it can be tempting to envy others when they succeed, especially if they go farther than you, but it will not help you to succeed; commit to being an inspiration to others and use the success of others to get inspiration as well (Zimmerman, 2016).

Courtney Ackerman 8/11/2019

<https://positivepsychology.com/growth-mindset-vs-fixed-mindset/>



Cultivating Growth Mindset .

For more specific techniques you can use to start building a growth mindset now, try these 25 suggestions from Saga Briggs (2015):

- Acknowledge and embrace your imperfections; don't hide from your weaknesses.
- View challenges as opportunities for self-improvement.
- Try different learning tactics and strategies; don't consider any strategies one-size-fits-all.
- Keep up on the research on brain plasticity to continually encourage the growth mindset.
- Replace the word "failing" with the word "learning" in your vocabulary.
- Stop seeking approval for others, and prioritize learning over approval.
- Value the learning process over the end result.
- Cultivate a sense of purpose, and keep things in perspective.
- Celebrate your growth with others, and celebrate their growth as well.
- Emphasize learning well over learning quickly.
- Reward actions instead of traits.
- Redefine "genius" as hard work plus talent, rather than talent alone.
- Give constructive criticism, and accept criticism of your own work as constructive.
- Disassociate improvement from failure; "room for improvement" does not mean "failure."
- Reflect on your learning regularly.
- Reward hard work before talent or inherent ability.
- Emphasize the relationship between learning and "brain training;" like any other muscle, the brain can be trained.
- Cultivate your grit (determination and perseverance).
- Abandon the idea of succeeding on talent alone; recognize that it will always take some work as well.
- Use the phrase "not yet" more often, as in, "I haven't mastered it yet."
- Learn from the mistakes that others make.
- Make a new goal for every goal you accomplish; never stop striving towards your goals.
- Take risks and be vulnerable with others.
- Think realistically about how much time and effort your goal will take.
- Take ownership of your own attitude, and take pride in your developing growth mindset.

Courtney Ackerman 8/11/2019

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Strengths verses Weakness.

Understanding and successfully utilizing signature strengths during times of chaos supports the most successful use of time and energy, thereby expanding capacity.

One of the goals of coaching is to bring as much ease and space as possible to your clients experience. Strengths based coaching and designing actions utilizes natural or latent abilities to do so.

The VIA Strengths assessment will help give an unbiased perspective on the top five signature strengths, but also an ordered ranking of all strength. This is helpful because we want to utilize the top five as often as possible, but paying attention to the lower ranking strength also helps us understand where challenge may present.

The chart on the next page is the final work of Christopher Peterson, his research led to a deeper understanding of how strengths can serve us, Also, how stressful times or when pushed to capacity, strengths can be overused, creating a paradoxical experience.

White knight syndrome is an example of strengths in excess resulting in patterns and behaviors not serving us or our ultimate goals.

Understanding our clients strengths significantly impacts how we coach, where we noticed overwhelmed or excess, and when clients may be traveling a path that no longer serves them.

There is aa free VIA strengths assessment available on Martin Seligman's website.

www.authentichappiness.org



Strengths - Opposites, Absence, Excess

Virtue	Character Strength	Opposite	Absence	Excess
Wisdom & knowledge	creativity	triteness	conformity	eccentricity
	curiosity	boredom	disinterest	nosiness
	judgment	gullibility	ineffectiveness	cynicism
	love of learning	orthodoxy	complacency	"know-it-all"-ism
	perspective	foolishness	shallowness	ivory tower
Courage	bravery	cowardice	fright	foolhardiness
	persistence	helplessness	laziness	obsessiveness
	authenticity	deceit	phoniness	righteousness
	vitality	lifelessness	restraint	hyperactivity
Love	intimacy	loneliness	isolation	emotional promiscuity
	kindness	cruelty	indifference	intrusiveness
	social intelligence	self-deception	obtuseness	psychobabbling
Justice	citizenship	narcissism	selfishness	chauvinism
	fairness	prejudice	partisanship	detachment
	leadership	sabotage	compliance	despotism
Temperance	forgiveness	vengefulness	mercilessness	permissiveness
	humility	arrogance	footless self-esteem	self-deprecation
	prudence	recklessness	sensation seeking	prudishness
	self-regulation	impulsivity	self-indulgence	inhibition
Transcendence	awe	criticism	oblivion	snobbery
	gratitude	entitlement	rudeness	ingratiation
	hope	despair	present orientation	Pollyannaism
	humor	dourness	humorlessness	buffoonery
	spirituality	alienation	anomie	fanaticism

[1] Peterson, Christopher (2006). A Primer in Positive Psychology. New York, NY: Oxford University Press.

[2] Peterson, Christopher & Seligman, Martin E. P (2004). Character Strengths & Virtues: A Handbook and Classification. New York: American Psychological Association & Oxford University Press.

[3] A recording of the lecture can be accessed at: http://www.youtube.com/watch?v=Qy1uBePD_sA



VIA Signature Strengths

What are your top five signature strengths and how do they help you weather the storm or coach the storm?

“For twenty years, my research has shown that the view you adopt for yourself profoundly affects the way you lead your life”.

Carol Dweck

Where are your strengths absent, opposite or in excess? How does this influence your behavior?



notes



Over Performer - Under Performer.

Determining whether or not your client is either an over performer or an under performer will also impact how are you support them and how are you design actions.

Over performers:

Over performers may take everything on, add to an ever growing list of actions, and may do everything in excess.

Under normal circumstances this is not sustainable and often leads to significant crashes but within a storm it can be cataclysmic and leads to emotional breakdowns, significant health issues, or your client walking away from everything after it all becomes too much to handle.

Over performers usually have survival intentions such as, I'm not enough, I have no value, I don't matter, I don't belong, thusly, they spend a lifetime proving the opposite via over performing.

Ultimately our goal in coaching would be to help them change this lifetime pattern, in the storm and take care with the amount of challenge you present.

Under performers:

Under performers will do just what is needed to get by, may take little to no action, may shut down or let someone else assume control.

Under performers usually have survival intentions such as, I'm not enough, I have no value, I don't matter, I don't belong, thusly, they spend a lifetime proving it is true via under performing.

Ultimately our goal in coaching would be to help them change this lifetime pattern, in the storm and take care with the amount of challenge you present.



Limbic System: Fight, Flight or Freeze .

The limbic system in your brain is responsible for fear, anger and memory. In high stress moments or in really challenging moments the limbic system kicks into a really basic response: fight, flight, or freeze. Known as the emotional for your response part of your brain, the sympathetic part of your brain, or the lizard brain part of your brain, it is responsible for the release of adrenaline, epinephrine which ultimately result in higher cortisol levels. To understand the science of all of process there are links below.

Determining which one of the three responses your client typically aligns with; fight, flight or freeze plays a significant role in action planning. To understand the lens or framework in which they will view what is happening for them, which in turn, allows you to help strategize, and plan out effective actions in the middle of a storm.

If someone typically responds with fight mode, they may move into over response or over reactionary space very quickly. Coaching in the space effectively requires step harmony between what is truly possible without burnout. Your ability to move swiftly is imperative, "keeping up with your client" is necessary or this client will lose patience with you in no time. Dance between helping them strategize significant action while keeping their well-being and the harmony between self-care and action in mind.

If someone responds with freeze mode, they may tend towards under response or very losing place of choice fatigue and not knowing how to be or where to go next, which results in no actions at all. This is the proverbial ostrich with head in the ground, and can be difficult to coach. They will avoid seeing the whole picture so coaching a few steps ahead or micro movements are necessary.

Flight mode is usually the most challenging to coach, dependent upon the actual scenario that you're coaching these people will dance between acknowledging it and trying to make things happen and running from it and pretending it doesn't exist at all. Helping them find a happy medium so they can actually take action and intend to what needs to be addressed while putting in place effective self care actions says a feels like they're getting away from what is happening in a healthy way is helpful. Your simulating flight, not encouraging it.

<https://www.sciencedirect.com/topics/neuroscience/limbic-system>

<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>



Over or Under Performer/ Fight, flight or Freeze

Are you an over performer or under performer? How will your mindset influence how you coach?

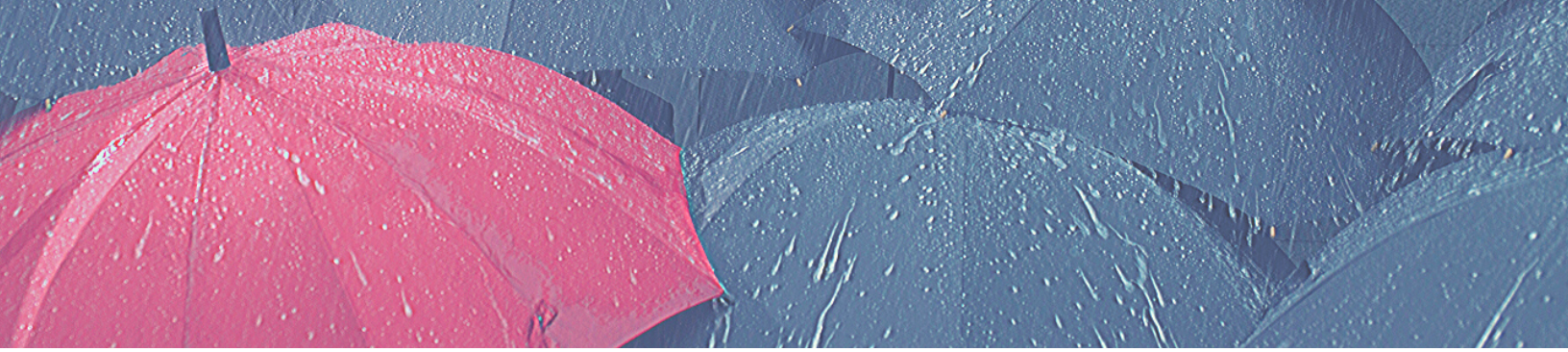
“For twenty years, my research has shown that the view you adopt for yourself profoundly affects the way you lead your life”.

Carol Dweck

When in fear, which is your reactionary tendency? How can this awareness create better actions?



notes



Survival Intention or Reasonable Fear.

Fear may be prevalent response to any of the significant storms in life. How we deal with fear in these spaces is very different from when you're coaching in regular life scenarios.

Listening at a deep triplex the level to where the fear is coming from, remaining very curious and asking very powerful questions for understanding of fear as a past survival intention pattern fear controlling the experience or reasonable here attached to the storm creates the space for moving forward.

We are not here to eradicate fear, we are here to learn from it, grow from it and understand its origins.

If you've coached your client before you should have an understanding of their survival intentions which will help you in this incredibly sensitive space. If you are coaching them for the first time it will require an immense level of empathy and masterful questioning and listening skills.

Having great empathy and understanding about the fear levels requires a deep level of profound belonging. Remaining judgment free and being willing to sit with them within whatever is, is one of the hardest things you will do while coaching the tornadic moments of life. Resisting the need for them to feel OK or to resolve the fear is really significant.

Many major storms in life include significant fear moments, and there's very little you do you can do to change this truth. What you can do is help them to build resiliency skills, build a Positive Psychology skills so they have a place to come back to you if they've taken a deep dive into fear.

If you're coaching someone who is sick, or his caregiving for someone who is sick, or loves someone who is sick, reasonable fears and at times necessary for years are connected to this experience. Be careful where you take people in the space in storms.

Inner freedom method must be used very carefully in the space. Going to the depths to discover really intense past experience as well in the midst of a very challenging life changing scenario I can push them pass their capacity very quickly.

Bravado, knowers mind, and the coached energy plays a significant role. You must remain in neutral space here. You must be willing to see the holistic view and understand that fear maybe necessary and important component of the storm.



Tunnel Vision - Loss of Choice & Choice Fatigue.

An additional challenge of fear is the tunnel vision it creates. Although we want to step carefully in the space we do want to expand choice and at times capacity for our clients.

Determining when someone is in tunnel vision relies on how they present the challenge they foresee. If you hear them talking in absolutes or black-and-white scenarios you know tunnel vision is officially part of the coaching experience.

Things you are looking for:

- Black and white thinking
- Right or wrong thinking
- I've always done it this way thinking
- This is how everyone does it thinking
- Absolutes

Challenging thought processes requires empathy, love, and tenderness. You must remain judgment free, and in a place of learning and equal space with your client. Profound neutrality can flourish here if you let go of what you think you know in order to see more than what you even seen before.

In all of our conversations we are wanting to expand choice or capacity for our clients, but with great care and understanding that too much can create overwhelm. Bringing choice and capacity back should be a slow unfolding of options with environmental design coaching to support the expansion.

To much open space, too many options, too much possibility can be as challenging as limitation.

Choice fatigue can alter how your client makes significant choice and even more often, daily choices.

When the chaos requires life changing or life saving choice, our abilities to be in choice change, clients may become reactionary, unable or unwilling to choose. Coaching them to see what is as well as coaching the relationship environment assists in this space.



The Middle Way - The Third Way

The middle way or the third way helps our clients to get out of all of these frameworks and lenses that we've discussed in this class.

It's a very simple inquiry process that starts to expand what is possible both in thinking and in action.

Simplicity, while in these spaces of fear, overwhelmed, and frustration helps them to come back to a stronger sense of self.

What's the true embodiment of the Rumi poem:

“Out beyond ideas of wrongdoing
and rightdoing there is a field.

I'll meet you there.

When the soul lies down in that grass
the world is too full to talk about.”

— Rumi

It is simply explored by these three questions:

What is the middle way?

What is the third way?

What is the way you are not presently thing?



notes



Class Five
Resiliency. Restoration.
Redemptive Assistance.

"There is always a path of light through
the darkness, we have to be willing to
see it before we can walk it

Deanna Stull.



Rumination/Catastrophizing and Monkey Mind.

Monkey mind is an entirely distracted mind that is often the result of chaotic storms. It's when the "too-muchness" of the experience takes over.

Thoughts become disorganized, scattered disconnected from daily life. Monkey mind impacts energy level significantly, think of it as apps running behind the scenes on your phone and how it drains your battery.

Coaching your client to get lists, concerns, tasks, actions and to-dos out of their head and either put it onto paper or into action will help to tame the monkey mind. Creating individual systems that honor the think/create/action/learn style of your client help them keep hold of all the details of both life and challenge.

Rumination is negative focus on the challenge, the outcomes, or the possible causes of aspects of the challenge, usually as a repetitive playback of a previous experience or repetitive negative pre-play of potential outcomes.

It is a negative orientation and never growth or solution-focused.

Fixed or growth mindset orientation plays a role in rumination. Growth mindset humans are naturally forward, solution, or growth-oriented thinkers. Fixed mindset tends towards rumination more often because they experience more challenges with failure or setbacks.

Rumination can happen at any point in the storm, but catching the process early, can have a significant impact on the ability of your clients to regroup and move forward positively.

The brain will take the path of least resistance, and studies show that with rumination, the client will begin to create actions oriented to the rumination versus the truth of what is in the moment. Makes handling challenges within the storm so much more difficult. Tri-plex listening and powerful questions create awareness around the rumination process The opportunity to develop new, more powerful perspectives in pattern language.

In rumination, choice is lost.

Awareness of rumination and the creation of new perspectives and pattern language choice allows the space for restoration of choice, energy, and well being.



Rumination/Catastrophizing and Monkey Mind.

Catastrophizing takes rumination to the extreme.

Catastrophizing is when your client sees only the worst-case scenario. The worst-case scenario expands outward; when you think you've hit bottom, the catastrophe still seems to grow. Catastrophizing can be an early indicator of hypervigilance, PTSD, or depression.

Rumination can exist in the catastrophizing of the experience when catastrophizing becomes repetitive.

Catastrophizing is often may center around one experience or challenge within the storm.

In the height of stress experience, catastrophizing can just as people are slipping into sleep, and they are in between sleep and awake state. So it has a dream-like quality but feels incredibly real and will release the same stress hormones as if the experience was happening.

Both rumination and catastrophizing lead to high levels of adrenaline and cortisol. Both can ultimately lead to a diagnosis of PTSD if they become continuing patterns.

Creating awareness around the existence of rumination or catastrophizing Leads to more choice, more opportunity, and more capability.

Creating robust new thought processes will help your client to change the course of rumination or catastrophizing if caught early and the experience.



notes



Resiliency, where are they now?

Establishing where your client is now in their state of resiliency requires deep inquiry and triplex listening.

You're looking for their ability to bounce back from challenge within the storm, to handle failure, and to handle additional needs or actions. It is how they FEEL about what is happening but from the perspective of forward movement and resolution.

You're also paying deep attention to pattern language. You're looking for distinctions or views of scarcity versus abundance and towards versus away from.

- Are they taking care of everyday necessities??
- Do they feel like they're spinning their wheels but getting nowhere?
- Do they feel tired, consistently, versus periodically?
- What are the biggest obstacles at the moment, and what are their thoughts about how they will handle them?
- How have they handled recent set backs.

Self trust in your Inklings will play a significant role here. You have to listen past the façade.

You should ask them directly, have them share their thoughts about the space, but then you have to use triplex listening in order to hear what they're not saying and the fears, patterns, and energy underneath.

People will tell you what they think you want to hear, they will try and show up as their best self, you want to know their true self. Getting past what they present requires a delicate hand, directness is, at times, necessary but remember you are here to grow resiliency not bring them deeper into the rabbit hole.

Ask:

What can you do to give yourself more time, choice or energy?

If they are uncertain, or say, "I don't know," start permission based brainstorming, overwhelm in the storm is often presented in the "I don't know" moments.



Building Resiliency.

Resiliency Daily Practices

- Exercise every day, 15 minutes or more.
- Outdoors every day for at least 20 minutes in the sun or in nature.
- Gratitude practice in the morning.
- Three things/Three Blessings exercise and the end of the day.
- Relishing the Moment Practice.
- Meditation at least once per day.
- Meditative physical action.
- Rely on redemptive assistance, a group, or one or two individuals.
- Wellness/self-care actions.
- Connection with Spirit, Higher Power, God, The All, Mindfulness in the Moment.
- Connection with supportive or neutral people, reduction of contact with need oriented people.
- Art, music, writing, movement, creating.
- Yoga or walking meditation.
- Find their meditative physical action and create a plan for practicing it regularly, if not daily. This combines mindfulness, somatics, and resiliency in one experience.
- Appropriate daily water intake.
- Appropriate nutrition.

Supportive relationships: Include reciprocity, the partner still has expectations and needs from your client. The nature of this relationship is positive and give rather than detracts energy.

Neutral Relationships: No reciprocity is required, this partnership offers support with no need for anything in return. This relationship is still positive focused and gives rather than detracts energy.

Need Oriented Relationships: Usually very little reciprocity if offered. The relationship is based on the needs of the other. Can be overwhelming, even outside of the storm environment.

Resiliency Practices

GRATITUDE PRACTICE

Three Good things Intervention

Relishing The Moment.

Including why you are grateful
 increases the benefit.

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Three Good Things Intervention

This exercise will take 10+ minutes to complete. Write down three things that went well this week and provide an explanation about why they went well. It is important that you have a physical record of what you wrote; it is not enough to do this exercise in your head. The things you list can be relatively small in importance (e.g., “being outside in the sunshine helped me feel more positive”) or relatively large in importance (e.g., “I was able to make a difficult choice with the help of my redemptive assistance partner”).

As you write, follow these instructions:

1. Give the event a title (e.g., “was able to make a hard choice about....”)
2. Write down exactly what happened in as much detail as possible, including what you did or said, and if other people were involved, what they did or said.
3. **Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).**
4. **Include WHY this event went well, (My redemptive assistance partner helped me make choices that were harder to make on my own).**
5. Use whatever writing style you please and do not worry about perfect grammar and spelling; Use as much detail as you want.



resources and sources

Three Good Things

<https://www.researchgate.net/publication/313845439> 'The Three Good Things' -

[The effects of gratitude practice on wellbeing A randomised controlled trial](#)

<https://bmjopen.bmj.com/content/7/5/e015826>

<https://youtu.be/ZOGAp9dw8Ac>

Relishing/Savoring The Moment

https://greatergood.berkeley.edu/article/item/10_steps_to_savoring_the_good_things_in_life

<https://www.livehappy.com/science/science-savoring>

<https://www.berkeleywellbeing.com/savoring.html>



Resiliency Proficiencies

Perspective seeking will change everything, what are they not seeing? Expand thinking outwards from first thoughts or answers, to see more of what is possible.

Find the third way, the middle way to challenge limiting right/wrong or black/white thinking, it is always there, and it leads to greatness.

Embracing profound neutrality allows you to become a redemptive assistance partner.

Dreams still exist, even when life is falling apart. Continue to hold space for the dream, passion, or goal pre-storm will help keep a person whole, delicate harmony is required here.

Find a meditative physical action and create a plan for practicing it regularly, if not daily. This combines mindfulness, somatics, and resiliency in one experience.

Reaction can make the journey significantly harder and can be happening in places you are unaware. Uncover negative patterns or reactions and support the client in finding and taking new positive responses.

Emotions require release. Create mindfulness, spiritual, redemptive sharing, or journaling practice to process difficult emotions.

Become a master of environmental design. Environment scan for sources of negativity, remove or replace negativity with positive influence.

Altruism, helping others, and random actions of kindness increase positive emotion and resiliency, take care in choosing this action. It should fall into the goldilocks "just right" space for this effort to be positive.

Create a plan for a daily resiliency practice that includes at least 4- 5 of the science-based daily resiliency practices.

Cultivate forgiveness for the event, people involved, life, higher power, the universe.

Practice the art of letting go.

Embrace truth. Seeing the truth of the challenge versus a crafted positive facade or catastrophizing opens up space for positive/redemptive action.



Redemptive Assistance.

Introduction of positive action, person, place, thing, or quality that leads to expansion of freedom from reaction, angry, frustration, and overwhelm or the capacity to be in The Storm.

The action, person, place, thing, or quality is usually a new or expanded addition to your client's life, and as such, may create fear or trepidation around its introduction.

Redemptive Assistance requires admittance of need or asking for help, which can be an incredibly hard space of people. As a coach, your role is to stay in inquiry, in neutral but truthful inquiry to ferret out where and how help or assistance is needed. Direct but empathetic communication is necessary for this space.

It is the nature of The Storm to challenge people's thoughts and emotions about need and help. Within The Storm environment, there are many challenges to the request or acknowledgment of the need for redemptive assistance, including:

- Monkey Mind
- Choice Fatigue
- Overall Fatigue
- Old Patterns
- Self-preservation Fears
- Beliefs
- Knowers Mind
- Familial, generational, cultural beliefs
- Pride
- Low self-esteem

Assumptive Assistance is a characteristic of over-performer and white knight syndrome, be mindful of your desire to save the day in the designing of redemptive assistance plans with your client.



Redemptive Assistance Actions.

Even the most capable, efficient humans need support.

You may have to challenge beliefs and boundaries to successfully create an environment that fully supports all/most of their needs. An unusual aspect of redemptive assistance is the storm can become so intense and create such havoc that your client may not see or know what is needed. Tender inquiry and direct communication allow you to understand the actual needs and missings.

Create a powerful and complete environmental plan assesing all nine environments for emergent and required changes, missing and assest underutilized. This is an adaptation of a typical 9 week scan, it is a one/two session experience that is directly related to the storm, versus holostiv view of life.

Create a redemptive assistance power pattern, their mantra from the Storm Experience.

Create redemptive/supportive relationship plans.

Create redemptive/supportive resiliency plans.

Create redemptive/supportive daily/weekly/monthly plans.

Create habit and structure plans to support client greatness. Task and to-do lists can be positive and necessary in The Storm.



notes



Class Six
Mourning. Movement.
Meaningful Action.

"In the mourning lies the letting go.
Letting go is necessary for anew life
after the storm to begin."

Deanna Stull.