

Executive Coaching – Actual Session Notes of Mine

- Resentment / Hurt
 - Emotional processing
 - Land mines
 - Can't do both at same time
- Don't force myself to get so practical
 - Avoid / distract yourself by getting to the to-do list
 - While helpful, they may not be helpful in the immediately
- Emotional processing
 - Different scaffolding for how to process
 - Foundational nuanced shifts that Jason made in his emotional life
- Emotions are events and not actions
 - Happen to us, not because of us
 - Comes from the idea of:
 - Slapping someone in the face
 - They then feel angry
 - Not choosing to feel angry
 - Unconscious reaction
 - No remote control to push the mute button
- You can ignore it, put attention someone else, but then it simmers & festers at a lower level (and compound inside us?)
- Philosophical implications for how we process
- Humans tend to focus on controlling emotions and not behaviors, but you only have 100% control over the latter. You don't control the emotions.
- Humans try to ignore controlling things they can control
- Spending 100% of energy wrestling emotions into control that you can NOT control is counter-productive and a waste of energy

- Taking calories of things you can control when doing this
- Should spend those calories on change in behavior, shifts you can control
- People typically avoid feeling their emotions by
 - Attack
 - (Get the to-do list, GMAT, googling/research, attacking with logic.
What you are really doing is saying you are too weak to feel anxiety)
 - Distract
 - Ignore it unhealthy ways (drinking)
 - Healthy (meditating)
 - Either way, ignoring it / avoiding it
- Next logical question = what to do about it?
- **Step 1 = 1 consciously avoiding avoiding**
 - Know how you typically make anger go away
 - For me, I distract away from it
 - For me, I have a fight inside my head instead of out loud
- Not always negative emotions. Lot of high achievers avoid joy / celebration as a sign of weakness.
- Investing energy in something you can't actually control
- **Hardwiring your brain to treating emotions as fear/deadly things. Said differently, you are saying you are not strong enough to be with these uncomfortable emotions - you need the gym, the whiskey, whatever it is. Manage the dosage leads to more and more of whatever it is**
- **Thus, practice avoiding avoiding**
- **Teach your body/brain that you won't break. That you can sit comfortably with uncomfortable emotions. You are STRONG enough to handle this. Rewire the**

body and brain to deal with uncomfortable emotions, send the message that you have 90 seconds - 180 seconds - 30 minutes to SIT with the emotions.

- **Process and Pass the emotions. Teach yourself that you are strong enough to**
- **Hard in practice b/c takes decades of unwiring neural pathways**
- **Awareness --> ACCEPTANCE --> Regulation**
- People usually jump to regulation/action/control
- But emotions is like the weather, can't control
- Middle step of accepting:
 - Don't let emotions become your identity
 - It's noise your body is experiencing
 - Let yourself be angry, it's a natural human thing
 - That moment of letting go, that of grace, (acknowledging your feelings) leads to you then choosing the release
 - Comes from a difference place
- Don't go run to process the emotions. Feel the emotion, acknowledge it, accept it. Then go for a run from a position of strength.
- Don't let the run become an escape mechanics
- Psychology = this is the fundamental tenant of eastern religion
 - Jason to send me a video
 - Awareness; avoiding avoiding (closing eyes/slowing down/put words to how it feels - this anger is a tight pit in my stomach with a red hue)
 - If feeling stuck, then ask what movement or sound this emotion has?
 - What's the sound of this emotion?
 - What's the movement of the emotion?
- Don't let emotions build up and the damn break and have spirals
- Process in mini bursts of 3-5-8 minutes

- Human Toddler --> they let themselves be sad. They fully process their emotion in the moment. Then in the next moment they are fully in the moment - power of now vibes.
- Raw emotion from an endorphin standpoint only lasts for 90 seconds
 - Our mental processes keep us relieving it
- Homework
 - Notice the emotions that are here
 - Avoiding avoiding
 - Talk to friends