

Coaching Tip: How to Make The Work a Richer Experience for You and Your Client

Good morning to you all! I'm recording this tip from the 9 Day School for The Work in Ojai, California. It's day 7 of 9 and I'm fully immersed in the experience. For those of you thinking of doing the School, I would highly recommend it. Even though I've been practicing The Work for several years, I've learned so much from being a student and doing The Work on my own stressful thoughts - and Byron Katie is phenomenal. She will blow your mind... or as she would say, you will blow your own mind. This week has also taught me a ton about how to properly facilitate The Work so your client can have a richer and deeper experience, I'm going to share a few of those treasures with you right now and well as in the coming weeks.

One of the big things I learned this week as I've facilitated The Work is to notice if you have an agenda for your client. If you do, that's okay, your mind is like my mind - as a coach or even as a human being, it wants to help people feel better but that motive can get in your way. So just notice if you have any underlying agenda that may be impacting how you coach and facilitate The Work or any tool for that matter. When you're doing The Work, we're not looking for an AHA, to be blown away or blasted. Without an agenda, I find that I listen more deeply and am able to be a witness my client's experience. It's rather freeing.

Second, trust the tool and stick to the Four Questions. Hold your client to their one liner - the concept or belief that is causing any kind of stress or pain. Write the thought down, use the exact phrasing and repeat it as you ask each question.

Third, when you ask Question 1, “Is it true?” and your client doesn’t know, encourage them to stay with it until they do know. Have them close their eyes and imagine themselves in the situation that triggers that thought (they’re in the kitchen with their husband, for example, or having lunch with a friend) and then repeat the thought. So it may sound like this: “You’re in the kitchen with your husband having breakfast and your thinking he doesn’t care about you. He doesn’t care about you, is it true?” Encourage your client to let the answer be shown to them by staying right in the situation and taking their time. The answer to that question, yes or no, it doesn’t matter.

Fourth, make sure the limiting belief is simple and succinct. “I’m angry with my friend Tina because she was late to lunch, she’s so rude and so disrespectful” is way too long and clunky. Drop the emotion and separate out the thoughts, working each individually. Tina is rude. Tina is disrespectful. Let’s see how that sounds in context of Q3. “So Jackie, you’re waiting for Tina at the restaurant, how do you react, what happens when you think she’s rude? How do you treat her when she shows up and you’re thinking she’s rude?” Do the same for Q4. “You’re waiting for your friend Tina in the restaurant, who would you be without the thought that she’s rude?”

Last, The Work is like a snake shedding its skin. It’s a letting go of your identity. Our ego is very invested in that identity which is why we complete a Judge our Neighbor worksheet on others. Katie says that it can feel like an exorcism and it isn’t always fun. Meet your client’s thoughts and your own with a lot of compassion, understanding and love. Let them know that we all have monkey minds that broadcast painful thoughts but that they can grow from questioning their fears and beliefs and find their own peace and true nature.

I’ll be sharing more about The Work in my next Coaching Tip in two weeks.

Cheers,

Jackie