
“Coaching Thru The Self Deception that Blinds Our Clients” (Presented By Lerae Gydick, MCC)
Workshop Notes: 3/19/18

Lerae’s email to Client Regarding her Box Thinking Collusion – An Example of Client Follow Up to This Exercise

Hello Client,

Thank you for your willingness to jump in and share your collusion with Joe as an example for the class. Please print the Collusion Diagram and transcribe the notes below into the corresponding quadrants in the diagram:

1. What Joe does: Joe is accommodating with his ex-wife.

2. From my box I view him as:

- avoiding conflict
- not willing to stand up for him, for me or for us
- getting run over
- weak
- not a prioritizing me

3. I the feel, think or do:

- angry
- hurt
- go silent
- explode

4. Joe views me as:

- not a good partner
- not rising above ‘it’
- someone he needs to avoid
- not supportive
- someone he can’t tell the whole truth to

Client, I realize that we answered the questions on the 2nd page AND, I believe it might be helpful for you to go through them and answer them again for yourself after you have transcribed the notes above. You stated that the outcome you desire is to be able to talk about Joe’s relationship with his ex, be full partners and 100% a team in this area.

Thank you for your willingness to share, be vulnerable and change this aspect of your relationship with Joe. I did hear you when you said you have come a long way. Well done, YOU!!! Now it is time to go that final yard or 15%!

Lerae's Email to Client 2 – Example of What You Might Note For Your Clients With This Exercise:

Client,

Please build the “Alissa” Box – Problem: Alissa has assigned social media work to do, but Alissa doesn't respond quickly.

Print the attached “Boxes I Carry” pdf diagram and transcribe the notes I took from our call into the corresponding boxes in the diagram. Then answer the questions below the box diagram as completely as you are able.

When Alisa does respond I....

1. Self View

- someone who does well with structure
- needing to or having to be patient
- needing assistance in this area
- not on a top priority
- not making enough head way

2. Other View - Alisa

- vehicle to get the work I want done
- circular
- overwhelmed
- “Yes” person
- sabotaging herself
- co-dependent

3. Feelings

- frustrated
- fearful
- out of control

4. World View (How I view the world when I am in the “Alisa” box)

- The world is not trusting.
- The world is a Rat Race I have to keep up with.
- I sabotage myself.
- The world is a place I have to keep up with externally at the expense of my internal self.

Please continue to answer the 3 questions below the box diagram as thoroughly as possible.

Responses from Our Team Regarding What The “Box Thinking” The Presentation By Lerae Gydick

The session today was great – still wrapping my head around it. I’m going to with one of the other Coaches to try to get it down. I think that will help.

I appreciate the image being “stuck in a box”.

I feel like I do this with a lot of my clients – this is just in a more structured way with different words.

I think requesting they read the book first is key and then doing this a step at a time will help.

I really liked the 3 ways we objectify people and how she described it as unpacking the problem and uncover what other options there are. Also giving them the week to ponder each step in the process.

Thanks for having her present it. It was helpful and confusing but I think that is a good thing – means I am learning something new.

Donna’s Comment:

It took me months to wrap my head around it as I applied it to my life. My brain kept fighting it, because, when I was uncomfortable or threatened, being in the box felt safer.

Box Thinking is often a habit of thinking that we acquired long ago and it worked for us when we first used it. For me, it helped me survive two parents with Personality Disorders (most notable my very narcissistic father). But the “Box Thinking” (I have multiple boxes) wasn’t serving me anymore and was making my life more difficult.

Be ready for your clients to struggle too. This is not easy.

By the way, I was nervous the first few times I tried the Exercises with a client, but it worked well. I think the confusion means it's powerful and difficult work. So glad you're going to practice!!! I think that will make all the difference.

The presentation we had on Monday was fantastic and what I have been looking for, not just for my clients, but for myself as well as I shed more of this crummy stuff so I can feel happier and less burdened.

Great session today.

Thank you for the call today! There is so much in this content. Here are my bulleted pointed highlights.

- I always have a choice about how I will be in reality with others.
- I can choose for my reality to align with a responsive way of being.

- The reality may be that someone is a jerk or something isn't 'right', and I still get to choose what relationship I will have with that person or situation.
- Responsibility is always personal.
- What else might be true?
- When I see my self-deception, I can change. Seeing gives me power to change.

Donna's Comment: I would make a small distinction to this comment:

"I choose **what relationship I will have with that person** or situation."

- I choose **how I will be** in relation to that person.
- The combination of both our choices creates our relationship.
- They choose how they are in relation with me.
- There is a better chance they will choose to be positive (or collaborative) with me if I choose to be positive with them.

Thank you for having Lerae join us today for the training and thank you for all your work in organizing this session for us today.

For me, this was my second exposure to this model and I continue to be impressed by how illuminating it is to see 'what we can't see'. I could think of a couple of clients already that I would like to try this with. I mentioned that I had been exposed to it before so the other thought I had is that keeping the ideas (or one's own box concept) in mind and finding a way to remind yourself of your 'box thinking' is important to implement longer term changes in thought patterns and decision-making. It had been a couple of years and I think I would be well served to remind myself of my 'box thinking' more often :).

I started the book and will aim to complete it to re-enforce my learning.

Thank you again for such a valuable session.

Donna's Comment:

I had one client use a necklace she wore all the time to help her get back to Out-of-The-Box thinking. She would touch it, and she was able to remind herself she had a choice of how to see things. From the Box or outside it. The awareness of the Box and the strategy to get out of the Box helped her strengthen her relationship with her husband and be more effective at work.

I have the clients name the "Out-of-The-Box" state too, so it becomes more concrete (they choose names like: Peaceful, Open, Green Pastures).

By the way, in most cases, people are Out of the Box 90-95% of the time, maybe more. They just slip into one of their Boxes when they are uncomfortable, reminded of a past negative experience, or having a strong negative emotions.

So glad to hear you are going to read the book. There are two: **Leadership & Self Deception** and **Anatomy of Peace**. They are both great.

Thank you for arranging Lerae's presentation today. It clarified many of the concepts from Leadership and Self-Deception (I finished listening to the audio book today).

As Lerae was coaching Client 2, I was answering the same questions regarding a recent interaction with one of my sons and his wife. It was one of those conversations where, as Lerae said, you could tell something was off. And in case I didn't realize it, my wife alerted me to that fact.

I was in the box. They were obstacles to enjoying a restful evening and I was frustrated and irritated. Once again we were discussing their relationship challenges. Lerae's questions helped me discover how I viewed them and myself.

The worldview question unleashed the 2x4 across the forehead: my irritation stems from a belief that they should be able to figure out this stuff on their own; I shouldn't have to get involved. That's a discovery I'll bring to my coach this week!

Donna's Comment:

gma