

Clarity

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Are there areas in your life that seem muddled with emotion – or non-emotion? Your head and heart may not be aligned and the waters never seem clear. It is an issue that many of us struggle with again and again.

Hiring a coach to help gain clarity can be a great alternative to staying in the “mud”. Pull up your bootstraps and take the first step up. A great coach can help you to recognize the areas where there is deeper issues that may be stopping you. Powerful questions can gain a new perspective, open up healing and move you forward.

Taking time to listen to your heart and intuitions is important. Aligning the emotions with action can be downright liberating, and I would challenge that even if your head is saying “no” – if you know in your heart you are doing the right thing, you will get to the outcomes.

I am writing a paper which is due shortly that is on Thinkers versus Feelers. While researching, I have found that many of us negate our feelings, even when that is our power. We try to live in a thoughtful presence that comes unnaturally to us, and that creates more mud.

I am a Feeler. I have deep rooted emotions that I wear on my sleeve. Even in general conversations, I have been told one can feel my emotions just through my eyes. I believe them. It has been hard for me to hide any of them, and most times, I let them shine through. I'm finding Feelers are apt to take on only one or two challenges during the month, focusing on process as much as the task.

As a coach, I've had to learn the language of Thinkers. Many like powerful lists of “to-do” items with a dozen or so action steps that they may take over the course of a week. Asking questions based on what someone “thinks” about a subject is much different than asking how someone may “feel” about the same thing. I've experienced great openings with associates who have been Thinkers by asking the right questions. Digging deep into emotion with a Thinker can be difficult. Emotional reactions may not be immediate, but may come out after a week or even a month. Accepting that the Thinker is unable to give immediate response is necessary.

Conversely, the Thinker Coach who has an emotional Feeler as an associate may need to be well prepared for the “drama” often associated with Feelers. A basic question such as “What do you think about that?” may cause a shed of tears, an elated feeling, or any number of emotions.

A recent associate I worked with who is a Thinker had an “ah-ha” moment regarding her relationship. I asked her a simple question of how she felt when ... Her initial response was “I think everything is fine.” Silence. Waiting. Almost to the point of uncomfortable silence. Suddenly, the tears she shared could not stop. She had not allowed herself to feel the pain she was experiencing. We sat in the moment and she thanked me for support and allowing the space she needed to let it all out. We spoke about how she could acknowledge when she was feeling emotions and let them be the center of her thinking...

Over the past couple of months, the language she uses is changing. It is unconscious. I hear her saying “I feel great.” It is such a joy as a coach to help someone find clarity.