

Why going 'BRAIN DEAD' can save your sanity...

In coaching, we always start off talking about where we are, and where we want to be. There is usually a big gap between the two. As coaches, we coach "the gap." In other words, we lay out steps to get to the other side. Sometimes we need to take a baby step first. The baby step I am referring to is the foundation of your bridge that spans the gap. Once you master it, you have hit the mother lode. What is it you ask? The first step is becoming a master of your emotions. Yes, this is easier said than done. But you can do it most of the time. You'll slip now and then but, you will be able to recognize it and that means you are a lot farther across the bridge than you thought you were. And that's a good thing.

Once you are a master of your emotions you will be able to deal more effectively with difficult people. Are there difficult people everywhere? You bet. In fact, you may be living with them. So this mastery applies to parenting, grocery shopping, dealing with our aging parents... well just about anything. I suggest you fill in your own blank here.

Here is how it works when it comes to parenting...

Kid pushes Mom's button...Mom blows it and turns into a raving lunatic and thus thoroughly entertaining the kid. Kid thinks, "That was fun. It only took two minutes that time. Let's see if I can get her to blow in one and a half." Unfortunately, Mom can't appreciate this little game. So, what does Mom need to do?

She needs to go 'brain dead'.

Let's consider the following scenario? My friend and I actually had this discussion last night at dinner. Her mother-in-law is driving her crazy. It seems that mom-in-law has a very narrow worldview. In other words, "it's all about Mom and her little world. She takes no interest in anyone else." It is driving my friend crazy to be with her. What does my friend need to do?

She needs to go 'brain dead'.

How about this one...you are at the grocery store and the loud crazy lady who cut in front of you in line is now taking forever. She has a gazillion coupons, and is fumbling around in her purse for her checkbook and you are in a hurry. Did I mention that this is the 10 item limit 'quick' checkout line and she has 23 items? What do you do?

You need to go 'brain dead'.

Here's the question. In the above scenarios who can you control? That's right. You can control YOU and only YOU. So, that is the first goal. Control yourself and become a master of your emotions. Until you do that, you can't move forward. Here are some tips....

In order to go, “brain dead” you need to select a phrase in each scenario that focus’ your intent.

With your kid, it can be, “I love you too much to argue.” Repeat it like a zombie. “I love you too much to argue.” - “I love you too much to argue.” It will drive them crazy and remind you to hide your buttons so that they don’t get pushed.

With your mother-in-law, your one liner can be...“Really that’s nice.” “Really that’s nice.” Knowing full well that this conversation will go on and on with or without you, so you may as well just acknowledge the voice, with a “really that’s nice” mantra and have your own little mental meditation.

Then there is the crazy grocery store lady. I think it may be helpful to repeat something like, “I’m not her. I’m respectful of others.” - “I’m not her. I’m respectful of others.”-“I’m not her. I’m respectful of others.”

Pretty soon, you won’t need your mantras anymore. You can shed them like a sweater in August, and you will be able to move to the next step...stay tuned.

Lisa