



Orientation Training

How Coping Keeps You Captive

Transcript

Being highly sensitive is about how our nervous system is wired. It's about how we process stimulation. It is simply a chemical make-up. It is the structure of your nervous system. When we can remember that then it allows us to go to the next step of, "Oh this is just how I process information. This is how I process stimulation. Then let me learn how to best do that. How to best work with that." That's the key, right there. That's the essence. Rather than try to ignore it.

When we're in our Coping Mechanism we're ignoring the learning opportunity. We have tried to override it; we've tried to override our own system by pushing through. Or we've tried to get as far away from our own system as possible by hiding. Or, if we really want to torture ourselves, then we do both. It's simply about learning. I, again, really want to emphasize that. It's a learning process. It's just that that part got skipped for most of us who are highly sensitive because that wasn't taught to us. We are in a process of retraining our minds to work with our system.

When we are not conscious then we are in our Coping Mechanism. When we are not conscious and in our Coping Mechanism then that way that we tend to process stimulation and information can feel very difficult. That is then where we feel like we have a hard time being in this world and that is when we are then in our Shadows.

Then we look to unravel, we look to deconstruct so that we can better understand what is creating these chain reactions of behavior. What is creating these patterns that are working against us to have what we want?

I want to just share verbally the top 12 HSE Shadows so that we can just have them out on the table. If it's helpful to write them down go ahead and do that so that we just have that shared language. Those top 12 HSE Shadows is: the shadow of perfectionism, the shadow of procrastination, the shadow of overwhelm, the shadow of overwork, the shadow of overprotection, the shadow of analysis paralysis, the shadow of shame, the shadow of people pleasing, the shadow of being self-critical, the shadow of being judgmental of self, the shadow of being judgmental of others, and the shadow of digestive or overall health issues. Deep breath in, and let it out.

I want to touch on the shadows of self-judgment and self-criticism, and the difference between the two, and where the super ego voice comes in.

The difference between being judgmental of yourself and critical of yourself. Being judgmental of yourself is something that you're doing almost from the outside. Like judging, maybe, how you do something, "Oh gosh, I just didn't really do that good enough." Self-criticism is the voice you hear inside your

head and that is the super ego voice. The voice that's telling you, "You can never make enough money as a coach." The voice that's telling you, "I can't believe you call yourself a healer." The voice that's telling you, "You can never be successful at this. Look at this, you can't even get all of the tasks done for the day." It's that voice inside our head. It is vicious, it is cruel, and it is extremely damaging, if at least, sabotaging every time we listen to it.

It becomes so automatic to beat ourselves up that it literally feels unsafe to not do so. It's become so automatic to beat ourselves up that that creates a pattern that makes business success very difficult or, if nothing else, it makes business success feel threatening. Every time we are triggered into our HSE Coping Mechanism we are abandoning ourselves.

This shows up differently for Pushers or Hiders. A Pusher will abandon themselves by feeling very frantic, will not have any free space or time, will have a to do list, and almost be addicted to getting that to do list done. Will not slow down, will pile on projects to make sure that there's no possibility or room to even slow it down. Will experience injuries, sickness, and keep working through them.

Also, as a Pusher the rebel will show up a lot as the Pusher. "You can't make me. I'm going to do my own thing," even when that own thing is destructive to self. The Pusher will often feel hurt by the fact that others don't acknowledge how hard they're working. "Can't you see how much I'm working here? Can't you see how hard I'm working?" Here's the thing, an 80 percenter will never see it because that's a natural state for them. They don't understand the toll that it's taking on you.

A Hider is going to take anger, and take it inward, and hold it in. It's an imploding type of experience. The hider is all about avoidance. The Hider is also a rule follower and a people pleaser. The hider will do for others before she/he does for herself. The Hider works really hard to control, to create that safety. The Hider is operating under a lot of fear.

The Combo Platter, as I said before, is back and forth between the two. It is a massive act not just of self abandonment but self-torture and very difficult to make any movement forward because it's as if you are pressing the gas and the brake of a car at the same time.

It doesn't really matter if you are a Hider, or a Pusher, or a Combo Platter. The only mattering is that it helps you to more clearly understand how you tend to react, how you default. I really want to emphasize that one is not better than another and one is not worse than another. None of them are of

service. It is, again, simply about the reaction, what you tend to. To understand it so that we can change it.

The HSE Coping Cycle begins with a trigger. Obviously, this trigger is different for each one of us. The trigger will show up in many different ways. Something will happen or someone will say something, and it, for you, will trigger unconsciously the Coping Cycle.

From the trigger is created anxiety. You will feel anxious. Most likely, you're not even necessarily aware of this a lot of the anxiety has become so familiar to you that it actually feels comfortable. It's what you know.

From the anxiety is triggered fear. That can feel and show up in all different kinds of ways, but you will somehow be afraid of something happening or not happening. Fear of the unknown.

Fear then triggers lack of safety, feeling unsafe in some shape or form. Lack of safety, again, goes back right up to unfamiliar. All of this feels very familiar; lack of safety and fear of lack of safety, fear of unfamiliar, which then leads us into our Coping Mechanism.

Now this probably happens for most of us in a nanosecond. You probably don't even have time to take a full breath most of the time. It happens so quickly and so unconsciously. Obviously, if your Coping Mechanism is a Hider, you start to go into hiding, and all of the ways that I was speaking about, avoiding, controlling, piling on, pushing, not eating, not going to the bathroom, however it is that it shows up for you: Hider or Pusher.

When we're in the Coping Cycle, again, Hiding, Pushing, Combo. Then what happens is we start to catch ourselves in the Coping Cycle, and the Hider will start beating themselves up. The super ego voice will really come in and beating up on the self. "Look at you. Once again, hiding, avoiding. What's wrong with you? You're never going to make anything. How are you doing this? No wonder no one will be a part of your services," and the whip just gets stronger and harder and harder.

The Pusher will collapse. The Pusher will be so exhausted, so overworked that the pusher will get sick. The Pusher will come to a point or an edge of self-destruction. Relationships will be rocky, arguments will ensue; something to get the Pusher's attention to stop them from pushing. Both create shame, the HSE Shadow of shame.

For the Hider, it's, "What's wrong with me? Why can't I do this? Why can't I actually make this successful?" For the pusher, the shame is often, "Why did

I have to stop? Something's wrong with me. I'm too weak. Why can't I just keep going?

Then from the shame, we go into soothing. Enough has gotten our attention that we start to soothe ourselves. Maybe we eat a chocolate chip cookie, or two or three or four or a bag, or we go shopping, or we take a bath, or we take a walk, or we read, or we journal, or we go to yoga class.

Now there's nothing wrong with any of those things. There's nothing wrong with going to yoga class, there's nothing wrong with taking a walk, there's nothing wrong with reading, there's nothing wrong with taking a bath, there's nothing wrong with going shopping, there's nothing wrong with having something to eat. It's about the way those acts are being used. When they're part of the Coping Cycle, they are not proactive; they are reactive. It's to try to make yourself feel better, it's to try to bring yourself back into your body, it's to try to create some type of connection, again, because, as I said earlier, here you've gone missing.

Then once we are soothed then we can start to recover and we can start to rebound. Let me talk a little bit about this, because some of you who are most likely Pushers, but thought that you were a Combo Platter, most likely your pattern is that you push and then you recover. You have to. You have mistaken that for Hiding.

Or if you are a Hider and then you start to recover and rebound, then you've got some energy again. Then you go back into creating those really fancy marketing materials.

The Combo Platter, it takes someone who's in the Combo Platter and HSEs in the Combo Platter longer to get up to soothing and recovery. The Combo Platter tends to hang out longer down in the Coping Mechanism because you're swinging back and forth and you can't even really necessarily get yourself out.

Then once we've recovered and rebounded and then, lo and behold, there's another trigger: somebody at your BNI meeting tells you that you don't have a real business; your parents wonder when you're ever going to make any money, or get a real job; or maybe even someone just looks at you in a way that you misinterpret, or says something that you take personally.

As I said before, this is for all of us to understand individually for ourselves. What's really key here in the trigger area is understanding also the difference between being overly sensitive and highly sensitive. Being highly sensitive, as I've said, is how you are coded. That is your nervous system.

Being overly sensitive is when you are so unaware of how your highly sensitive nature works that anything that is said in a way that makes you feel uncomfortable, that triggers you, anything that's done, something that someone else does, we're so ensconced in our shadows that it's just this constant sense of being triggered.

Also, when you're overly sensitive versus highly sensitive, you don't have the awareness to understand that you play the key part in your triggers. With being overly sensitive comes a lot of blame. Other people are doing this to you. "I can't believe what she said," "I can't believe what she did." The world is not happening to you and, for sure, your business is not happening to you. You are the primary creator.

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