



THE COACHING
INSTITUTE

HOW TO BECOME A MASTER COACH

I-AMNESS LOST



I-AMNESS LOST

I. I-AMNESS

- We are born whole, vulnerable, resilient, easily expressed emotions, courageous, risk-taking, creative, playful, loving, spontaneous, curious, intuitive
- We needed:
 - To know our caregivers were okay
 - To know we mattered
 - To know we were unique and wonderful as we are
- Dependable parents
- To be touched, heard and seen
- To be free to feel and think as we chose
- To see wonderful reflected back to us
- To know the world is a trustworthy place

2. THE TRIBAL CYCLE

- Not about blame – parents not perfect
- Not always deliberate, but makes no difference
- Some developmental needs not met and leave wounds and create personal issues that you can carry on to the next generation
- About understanding and unlocking the patterns in us, handed down to us
- Empowers us with new choices
- Whatever needs not met in our parents, they tried to meet through us. For example:
 - Need for validation
 - Need for reassurance
 - Need for being rescued
 - Need for being idolised
 - Need to be obeyed
- Or it could be stuff that happened that we weren't emotionally ready to experience:
 - Medical procedures
 - Parents overly strict/under disciplined
 - Demands placed on us to be perfect
 - A parent dying
 - A sibling leaving home
 - A parent taking drugs/addiction
 - Divorce/Parents arguing
 - Parent demanding to be seen as infallible
 - You put on a pedestal
 - Criticised
 - Denied your individuality

3. I-AMNESS DENIED

- We deify our parents so it can't be them, and has to be us
- We internalise these events as something we did wrong. The outcomes of these events often show up for us as children as being denied ourselves and our I-amness
- The outcome/symptoms of parents' 'stuff' and events that happen:
 - Banned emotions
 - Thoughts denied/wrong
 - Abandonment
 - Neglect
 - Judgement
 - Rejection
 - Abuse
 - Comparisons
 - Shamed
 - Told what to think
 - Told what to feel
 - Told what to do
 - Denied 'no'
 - Vulnerability denied

4. CRAZY MAKING

- Shame is – I did something wrong
- Toxic shame is – I am wrong
- Three selves – I-amness; toxic shame; roles to hide the shame
- Roles help the family survive/distract from the real issues/enable parents to maintain their dysfunction
 - Victim (always blaming)
 - Hero (perfectionism; control)
 - Designated patient (constantly ill and out of control)
 - Scapegoat (anger)
 - Lost child (low self-esteem)
 - Mascot (irresponsibility)
 - Placator (denial of personal needs)
 - Surrogate spouse (sexual dysfunction; intimacy issues)
 - Daddy's little princess (no man will measure up; must be rescued)
- Become part of our neurology (fire together, wire together)

5. ALONG COMES ADULTHOOD

- Stuck in the behaviour/Stuck in the role
- The role leads the way
- It's not us (our I-amness), it's our role that drives us
- We're taking instructions from our own self as a child
- We no longer know how to trust ourselves
- And that means we can't trust others
- Over-protect/naïve
- Hyper sensitive
- Constantly on guard and anticipating moves
- Over human/under human

6. SAFE VERSUS RISKY

- Hold us back from ever becoming our I-amness
- **Are the bullshit stories we tell ourselves are real**
- Keep us from our higher purpose
 - Avoids taking responsibility/Takes on all responsibility
 - Perfectionist
 - Things are absolute with no shades of grey
 - Feelings are facts
 - Anxious and overly fearful
 - Afraid there's something wrong with you
 - Believe you're the exception and success will always elude you
 - Avoids pressure and being asked to commit
 - When committed, lets others down
 - Struggles to recognise or label emotions/Avoids certain emotions
 - Denies emotions/Dissociates
 - Waiting for something magical to happen to save you
 - Constantly confused, overwhelmed
 - Self-sabotages
 - Avoids decisions and let's things just happen
 - Always the victim/Always someone to blame
 - Procrastination/Lacks risk-taking
 - Overly sensitive/Everything is personal/Easily offended
 - Needy/Sulking
 - Constantly feeling misunderstood and not understood
 - Rigid boundaries/No boundaries
 - Unhealthy, inconsistent with health
 - Can't manage finances
 - Peaks and troughs of emotions, commitments, discipline
 - Feels empty and wondering 'what's wrong with me'
 - Constantly lives with the fear of rejection, disapproval, judgement
 - Creates scenarios to confirm self-loathing
 - Disdainful, superior, righteous
 - Lacks empathy/compassion
 - Satisfied when 'proves' it's not them, it's 'out there'
 - Can't follow through on promises
 - Constantly compares self to others
 - Overly apologetic
 - People pleasing
 - Bully
 - At war with everyone
 - Overly moralistic
 - Addictions

7. FUNCTIONAL/HIGHER PURPOSE PROBLEMS

- Require us to develop a rich, reliable, and functional inner world
- Require us to focus on our internal locus of control
- Require us to dump our neediness for acceptance, approval, reassurance
- Require us to dump the bullshit stories we tell ourselves
- Include:
 - How can I grow even more?
 - How can I serve even more?
 - What is needed to expand this moment?
 - What is beautiful about this moment?
 - How can I trust myself in this moment?
 - What would someone do who did trust themselves?
 - What would I believe, if I was already fulfilled?
 - What would I believe, if it was already living my ideal life?
 - What would love do?



- Know all behaviour has a positive intent
- Get clear on your role
- Get clear on the trigger for that role
- Forgive the child that made that decision
- Separate from the child that made that decision
- What other choices were available? And are present, now?
- What was the positive intent of that role?
- And the positive intent of that positive intent?
- X5
- Take that positive intent into before birth
- Take that positive intent out into all the different ages and future
- X3
- All the way to now



NOTES



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THE COACHING
INSTITUTE

THE COACHING INSTITUTE

Suite 40, 37-39 Albert Road.

Melbourne, VIC 3004, Australia.

T | 03 9645 9945

E | wow@thecoachinginstitute.com.au

W | www.thecoachinginstitute.com.au

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