



The Coach's Time Out

with Shandel Slaten



I - Huddle Up

After blowing through another computer, my newest one is running Windows 2000 boasting "built on NT technology." From what I understand (which is not very much) that means the Operating System is built on new technology. With my old system, each time my computer would freeze up, I'd just reboot! I was uneducated and unaware of WHY it didn't work, so I did what I knew - "Ctrl-Alt-Del." With immediate gratification, my problem at hand was solved. However, I had no idea the damage it was doing to the hardware. All those immediate solutions eventually corrupted and rendered useless the entire computer.

Like the computer, I suggest that many of our frustrations can be traced back to our Personal Operating System – our values. Values are the framework of who we are which in turn drives everything we do. When life slips out of balance, we find ourselves compromising our values and not living with integrity. Integrity means that our thoughts, words, and actions are all in alignment. When our value system is compromised, we live a stress-filled frustrating life, withdraw as we analyze what's wrong, or continue to reboot causing physical damage to the hardware – our bodies.

For example, let's say that you value honesty. A conflict arises over a discrepancy of money spent; she's upset, and you can't get her to see it your way. You're frustrated and feeling a bit guilty, so you begin to justify yourself, then conveniently spend more hours at the office, and before long there's a freeze in the system. Many times instead of doing some investigative work into why you (the OS) has developed difficulty with your partner (the program), we protect ourselves by rationalizing that the spouse must be the one with the "glitch" in THEIR system. Thus we react much like our anti-virus software, with a choice to either delete or repair the program. Depending on how important the information is determines our choice. Too often in our prideful haste, we simply hit "OK" to remove the "glitch" in order to just get some relief from the inner turmoil. Sometimes it is a physical removal, but more often an emotional withdrawal and silent blame.

Only after the damage is done do we recall the pop-up box WARNING us that we were about to delete an integral part of our system. The crash soon follows. To cope, we go into "safe mode" isolating ourselves from true intimacy or worse, quickly "add" the next beautiful person program convinced that he/she must be glitch-free! This, of course, continues to crash the computer because the operating system continues to be inadequate.

Part of being an adult is to take responsibility for our mistakes and learn from them. This means changing OUR behavior not the behavior of someone else. Just like with computers, people sometimes just need a complete change in order to restore integrity. Of course, the analogy breaks down here because you can't be turned in for the latest model. However, you can exchange your old operating system for a new one driven by your values. This doesn't happen on wishful thinking and "yes, I should do that," it must be a deliberate choice and change in behavior. Like my daddy always says, "Sis, you'll keep gettin' whatcher gettin'; if you keep doin' whatcher doin'." I believe he got that from Aristotle who said, "We are what we repeatedly do."

Restoring one's integrity takes courage; courage to stop and listen to what is going on inside. You may not like what you hear and see at first, but don't run away and hide from the truth – face it and let it humble you. Power down for a few moments and list the top 5 areas where your thoughts, words, actions, and beliefs are not in alignment. When we stop trying to feel better about ourselves and determine to do what's right, we will find the truth of who we are. It is about taking 100% responsibility for yourself and your contribution to the rest of the world. Do you realize how important you are? Only you can fulfill the unique reason you were placed here on Earth.

Seek truth – not the truth that will give you warm fuzzies in the moment, ease your guilt, and cover up all your blunders, but the truth that will set you free to be the person you can be. Let the truth remove that ten-pound weight off your back so you can utilize your full potential as a human being. Delete the old; install the new.

II - Pep Talk

"It's insanity to keep doing things the same way and expect a different result." ~ Albert Einstein

"The time is always right to do what is right." ~ Martin Luther King, Jr

"Be proactive. Ask yourself, 'Are my actions based on self-chosen values or on my moods, feelings and circumstances?'" ~ Stephen Covey

"Honor is a gift a man gives to himself. No one can give it to you and no one can take it away." ~ Rob Roy

"People prefer to stay with problems they understand. Rather than look for solutions they're uncomfortable with." ~ Coach Freeb

III - Next Play

BE YOU IN 2002 - Both January classes are in full swing with 15 participants and a request for another group to start. In March, a daytime class will be offered for those living in the Seattle area. We will meet in person the 2nd and 4th Wednesdays of the month from 11:30 - 1:00 for 3 months. A total of 6 sessions. The class will focus on gaining life balance by re-orienting your life around values. We will discover your top 5 values, strategize on how to restore your integrity, identify unmet needs, and remove nagging tolerations. There will be a max. of 8 participants and the cost is \$150/month. Please contact me if interested.

Here's what a few have shared thus far...

"I finally feel like after all these years I'm getting it."

"Shandel, this is really helping me define what I really want out of life. I've discovered, painfully, how my unmet needs were causing me to act in unhealthy ways trying to get what I thought I wanted."

"I'm starting to see the obstacles that are standing in the way of my life being balanced."

Women's Study in Seattle – Free Class. We meet every 2nd and 4th Tuesday Night in Seattle at 7:00 PM. Currently, we are studying the book and life of Ruth.

Panelist for upcoming local event - I'm privileged to be one of five panelist at this upcoming event. Here's the press release. "In response to the increasing demand for many types of coaching in the greater Seattle area, the Puget Sound Coaching Association (PSCA) in conjunction with the International Coaching Federation (ICF) will be hosting a special public event celebrating the 4th Annual Personal and Business Coaching Week February 3 – 9, 2002. February 5th, 7:30 to 9:30 p.m. at the Mercer View Community Center."

On 3 - Ready...1,2,3 - BREAK

Thank you for taking the time to read this edition of TIME OUT. I truly appreciate you forwarding this newsletter to those whom may find it beneficial. Once again, if they desire to subscribe, they can send a blank email to ss@truelifecoaching.com with the words add me or "I'm in". :)

Life's a blast – go for the extra point!

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