

SAMPLE TRANSCRIPT

Speaker 1 [00:00:04]

Hi, Andrea. How are?

Speaker 2 [00:00:06]

Good, good. How are you?

Speaker 1 [00:00:08]

I'm good. I'm recording this session for ICA training purposes. This session is confidential, and I will be also taking notes. So yes. What would you like to focus on today?

Speaker 2 [00:00:29]

Well, there is a topic, I'm not sure whether we discussed this before, but is about how I can manage my expectations towards my family members in the sense that it seems that I have higher expectations from them and different expectations from the others. Like, I understand that we are all different people and we have different set of values and thinking patterns and all of that. And then I see, okay, my expectations to you, for example, cannot be the same as I have my expectations towards myself, because you are a totally different person. So you cannot live by my expectations. You have your expectations to deal with. But for some reason, when it comes to my family, like with my husband and my kids, I tend to impose or to just have very high expectations of them, as if there are many versions of me which, again, it's not healthy and it's not leading to anything good. It's leading to a lot of frictions and discussions and frustration because, yes, they cannot be like me. And then I'm not satisfied with their behavior or their actions and so on. And this is what I would like to focus on and see how I can shift this expectation to normal one, the same that I have towards other people that are not part of my family.

Speaker 1 [00:02:17]

You say normal expectations. What is a normal expectation?

Speaker 2 [00:02:26]

Well, a normal expectation is an expectation that we are all different. And then I have my point of view, you have your point of view. And it's fine that you have a totally different point of view than mine, and I won't get frustrated because of that. So just respect who you are as an individual without having this expectation that you do or think similar way as I am.

Speaker 1 [00:02:59]

And now the expectations that you have, I hear that they are not healthy or they create friction.

Speaker 2 [00:03:09]

Yeah, because no one is satisfied with these type of discussions. I'm not satisfied because I'm coming from a place where I say, you should have done differently as per my way of thinking and my way of acting. And then they feel that they're either criticized or they're being judged, or they are not understood because from their perspective, things look differently and they have their own way of thinking and of actioning in different environments. So, yeah, I don't see this as being a win win solution because I get frustrated. They get frustrated. My expectation is that they somehow emulate my thinking and my way of reaction, which they don't, because they either don't embrace it or they're not aware of it fully, or they have their own way of doing things that they feel it's right for them.

Speaker 1 [00:04:22]

You say, yeah, you feel frustrated, they feel frustrated. How would you like to feel?

Speaker 2 [00:04:32]

I have, like I have the idea very clear in my mind because I feel like that when, for example, I'm coaching people and I treat them as individuals, I respect their unique way of being and I respect their opinions. And I'm not getting anything personal or I'm not getting frustrated by their thoughts and ideas. And I would like to have the same calmness and relax approach that I can have with them. Also with my family members.

Speaker 1 [00:05:13]

I'm going to ask you this type of question that you maybe think, but what is the difference between your family members and the others that make you expect more or differently?

Speaker 2 [00:05:30]

Yeah, what's the difference? A good question. Because the difference is only in how I see them or how my approach to them. Because in the end, they are the same as the others. Like individual people with their own set up and their own thinking patterns and all of that. Um, I cannot say why I see them differently or why I have these different expectations from them. Like, I understand from my kids, probably I can think that they are in the process of being educated or something, and I'm trying

to educate them. But then for my husband, he's not in the education period of his life anymore. I'm not sure why I have this expectation from him as well.

Speaker 1 [00:06:55]

What's the difference between the relation that you have with your husband and the relation that you have with others?

Speaker 2 [00:07:07]

I feel that I can show more respect to others from this perspective. Meaning that I respect your uniqueness and your own ideas. And I'm not able to do that with him. Probably it's because of the fact that I think life would be easier if we would think the same way and act the same way. Like, instead of being two different opinions, two different perspectives that you have to manage all the time and give time and whatever which takes time and effort, I think I would sit well. Yes, this needs to happen faster. And if we are on the same page, both of us, with the same idea and the same concepts and everything, then everything is going to be solved quickly. And because I have a shared interest, because with other people, irrespective of what they choose to do, how they act or behave or think or feel, it's not like my business. I'm not there living with them, but here with him, it's like, yes, we are sharing a life together. So then I'm affected in a way by his way of doing things or his decisions or his visions to things. So probably that's why I'm taking it more personally. And I have this type of expectation that if we had the same perspective on things, then we could move faster here.

Speaker 1 [00:08:53]

All right. So knowing that why this is important right now at this moment of your life.

Speaker 2 [00:09:08]

Because it just happened recently, like yesterday. And I was thinking about it and it was somewhat there in my mind, and it's not the first time for sure. And I thought, okay, this is a good moment to tackle this and see what's here behind and how I can change this approach. Because if I'm able to do it with other people, probably it won't take so much time or it won't be so difficult to be able to implement it with him and with the kids as well. Yeah. So I think it's good because it's a hot topic, so then I can action on it right away.

Speaker 1 [00:09:58]

Amazing.

Speaker 2 [00:09:59]

So.

Speaker 1 [00:10:02]

You talk about expectations towards you want to have the expectations that you have towards others with your family, but what concretely would you like to get out of this session?

Speaker 2 [00:10:16]

Um, I think I would like to get a way to detach personally from these interactions that we have and just to show the same level of respect to their uniqueness that I show to others.

Speaker 1 [00:10:42]

And how will you know that at the end of the session, you detach from the emotion and you have the same level of respect for the uniqueness?

Speaker 2 [00:10:53]

Probably it needs to come with a new perspective for me, with a shift in perspective that will tell me, okay, you were looking at them and at the interactions with them from this point, but for sure it's not a healthy one because otherwise we won't be talking about it now. And then I hope I would gain a different perspective to look at this and that will tell me, okay, now you can go and try and see if you can detach from the outcome.

Speaker 1 [00:11:30]

And when you talk about different perspective, how will you know that this is the right one that you want to try?

Speaker 2 [00:11:41]

Somehow in my mind, I'm doing this comparison between the perspective that I have towards others, which I think it's a healthy one, and I don't struggle in that area. So I'm good in just respecting the others point of view, but not necessarily not stating my voice or not saying out loud, which are my needs or my point of view. So I can do both of them respect their opinion, but also share mine. If I'm pretty comfortable in doing it with other people, I'm just thinking that I will feel or I will know that it might work also with them. So I think this is just probably some not replication, but something similar to the perspective that I already have with others that I can use with them with my family.

Speaker 1 [00:12:40]

Perfect. All right, so let's do that nature and intention there in the session. Is there anything that you have tried so far in the past, um.

Speaker 2 [00:13:09]

Consciously and actively really doing something differently? No, it was probably just my realization that this way of me expecting out of them, it's not going to have a positive impact and it's not going to be healthy if I continue on this way. But I didn't do anything specific to change it or break the pattern here.

Speaker 1 [00:13:39]

Okay, so do you have any ideas that you would like to explore?

Speaker 2 [00:13:48]

Um, probably we can we can focus on this idea of me detaching or not getting things personally, even if yes, probably I care more for sure I care more about them and what they do and their action than I do compared to other people. So I see why this is very personal to me. But just realize that we are all on a personal journey and I can just inspire probably them to do differently instead of just imposing my own opinions and my own visions on them. So probably something on inspiration than imposing.

Speaker 1 [00:15:04]

Imposing versus Inspiration what's the benefit of inspiration?

Speaker 2 [00:15:19]

Well, the benefit is that you can just take energy and positive vibes from someone or something that really inspires you. At the same time. You don't feel criticized or judged by someone or something inspiring. It's just you see it as a potential area where you can get to but without feeling any pressure or any guilt that you are not there yet or you are not acting in a certain way. And it would be nice to be something handy so that you have this inspiration all of the time around yourself in your day to day life. And it's like lighthouse in the sea when there are boats on the waves, up, down, going in circles, and then there is that light that you can all the time reference to and it's going to guide you. So I see also inspiration as a guiding light.

Speaker 1 [00:16:49]

Wow, that's beautiful. So you have a guiding light and you're talking about you want to go to the path of inspiration versus the imposing your own thoughts. So which strengths of yours you can utilize to move from imposing to inspiring.

Speaker 2 [00:17:44]

The strength? I think probably in one of them. Probably it's my optimism or the fact that I'm all the time looking in a positive way to things. So then if I'm having this in the back of my mind thinking that even if I see it as a struggle right now, instead of just imposing my own opinion, it's better just to really see that the situation will improve and will have some positive to it. If I'll allow the participants in that to really be themselves and take their own decisions and do whatever they feel, it's closer to their internal instinct. And then I'm thinking that I can also use myself as an example in the fact that I'm all the time functioning much better when I have an inspirational role model, a mentor, something in this area. Instead of just being told what to do when I become very resistant and very I'm dismissing everything that I hear that comes from this place of you have to do it. This is something that you are requested to do. And I can easily see that they might feel the same way, they might feel the same resistance, which again, doesn't lead to anywhere good, because I'm frustrated seeing no results and they're frustrated hearing all the time what they need to do. Yeah.

Speaker 1 [00:20:07]

So this is a move from imposing to inspiration. So you're going to use your Otomies, how you look to the positive side, and even you say, I'm going to use myself as an example.

Speaker 2 [00:20:24]

Yeah.

Speaker 1 [00:20:32]

Would you like to spread a little more into this? Is there any scenario you would like to dive?

Speaker 2 [00:20:43]

Um I think also imposing comes with this with the feeling that I don't have the capacity to be there for you irrespective of what you choose. Because if I impose something, I tell you that this is the only solution that I see working, for example, in this area. And unless if you choose a different solution, then I don't have availability anymore to just be there by your side and witness the consequence of your solution

or your decision. And this is sending wrong message in the sense that they are not accepted. They don't feel accepted as they are. They don't feel supported, they don't feel loved enough to make their own decisions or come up with their own solutions. And this is something that I don't want to send as a message.

Speaker 1 [00:22:04]

You want them to feel accepted, supported, loved, and coming with their own solutions. So you come up with this inspiration, what is covered with optimism and also looking at yourself, is there anything else that you need to do or to think about it?

Speaker 2 [00:22:34]

No, I was just thinking that hearing you say all those words supported, accepted, loved probably I see where this is coming from. Because I lacked this the same way in my childhood, for example, I was supported, loved and accepted only if I followed a certain route, a certain option that was given to me, not when I was by myself. And I was just deciding for me what I feel it's best for me then I didn't feel supported and loved. So probably this is what I'm doing right now. I'm just having the same pattern of behavior that I was experiencing myself as a kid.

Speaker 1 [00:23:31]

First of all, I'm sorry that this happened, but this is powerful because now you can use this big insight to this.

Speaker 2 [00:23:46]

Yeah, because I was not actually aware where this is coming from, why I have this different approach with my expectations towards others and my family. And I think it's more personal with them in there. Yeah.

Speaker 1 [00:24:11]

That'S the big difference. It's more personal. So we know the why this is a big thing. But now with this big insight.

Speaker 2 [00:24:26]

How.

Speaker 1 [00:24:26]

Do you feel about it?

Speaker 2 [00:24:31]

I feel much more clear on what's happening, and I know now why I was feeling so attached to it and I was so triggered by all these events that happened. And now I understand that I can detach from it only if I make peace with my childhood and what happened there, because, okay, that happened, it had a certain consequence, but then, now I'm an adult, I have other relationships and then they don't have to suffer because of my unmet needs. So, yeah, I think I found the key in detaching from it and just seeing it. Yes, we are just separate individuals, even if we are part of the same family, but it doesn't mean that you have to really get your ideas and solution imposed on the others, as I used to experience as a kid. Yeah.

Speaker 1 [00:25:58]

Wow.

Speaker 2 [00:26:00]

Yeah, much more clear now.

Speaker 1 [00:26:05]

So what can you try?

Speaker 2 [00:26:12]

U, probably I can just prepare, like a plan that I can use and start practicing when another event like that is going to come up. And I need probably like a trigger for me or like a reminder not a trigger, like a reminder for me to detach and not have this personal emotional feeling and be able to just think, okay, I'm just here to listen also to someone else's opinion, to someone else's decision, or to someone else's point of view. I have mine, which is fine, I can present mine if asked. If not, it would be me listening to someone else that wants to share what they feel or what they think. Or if I feel that for the kids, for example, that it's good for them to hear some other opinions after they share them theirs. I can also present mine, but not necessarily as mine, as another option that might be out there, so that they just hear it not necessarily saying, oh, okay, it's coming from mom, so it means that this is the right one.

Speaker 1 [00:28:04]

How do you feel about the situation now? Your kids come up with different opinions and then you listen, and then you said, I just share mine, but as an option. Am I understanding?

Speaker 2 [00:28:16]

Well, yeah, because knowing that they might become resistant, as we used to have this type of dynamic, I was saying my opinion, they were immediately becoming resistant to it. So if I'm not necessarily starting saying, this is what I think, this is what I think you should do, but just say, okay, we can think of some other versions or some other solutions here. One might be this one, and I just present it, but without making it mine. And I can have the sufficient inspiration to come up with a second one, just not to have only one option presented to give them a possibility to choose between two or three. Yeah, and it sounds much more detached from it and allowing them that support and that understanding that, yes, you can have your own thinking process. You can have your own even if at an early age, it's something that it's being worked on. Right. It's like a muscle. You are just working on that since childhood. So it's good for them to have this type of event where they can practice the critical thinking and then they can draw their own conclusions and come up with their own solutions. Hearing at the beginning at least multiple options, theirs plus another one too, depending on how many I can present.

Speaker 1 [00:30:04]

Coming to the goal of the session that it was about detach from interactions and then same level of respect for their uniqueness. You said, I want to have a different perspective. Where are we?

Speaker 2 [00:30:27]

I remain there with the Guiding Light. I think that's who I want to be. I would like to be that Guiding Light and instead of imposing, just to inspire. And I think we moved into the right direction with this approach, saying that okay, instead of giving my opinion, just to present options. And I think this might work. So I think for me it's a matter of start implementing it and start using it in some real life examples and see what's the outcome, what happens.

Speaker 1 [00:31:06]

Yeah, energy, a big smile, it's just so beautiful. And the intention that you have there, which is really powerful, is there anyone that can support you with that?

Speaker 2 [00:31:22]

Um, yeah, I think probably the the peer coaches. My peer coaches, because for sure I will feel the need to bring this topic again into the discussion once I start implementing the new idea. And just thinking at a visual that I can relate to when I

think of this Guiding Light and the Lighthouse or Guiding Light, something like that, and I can have that displayed somewhere that I'm looking at it more often.

Speaker 1 [00:32:12]

Sounds beautiful.

Speaker 2 [00:32:14]

Or actually, now I had a different idea, thinking of how I can make that intention on a daily basis. That would be my intention for the day, to really work on it and then have also the visual, but also stating it as an intention to bring the light.

Speaker 1 [00:32:38]

Wow, Andrea, that's powerful. That's really powerful. I have to say that there's a beautiful outcome and I love the fact that you also think about the PS, can support you more than happy than being there.

Speaker 2 [00:32:56]

Thank you.

Speaker 1 [00:32:59]

When would you like to start with this implementation of this kind of plan?

Speaker 2 [00:33:03]

Well, I think I can start today and I can also look for a visual so I can print it and display it somewhere. And yeah, I can start also with the intention today.

Speaker 1 [00:33:23]

Amazing. What have you learned so far?

Speaker 2 [00:33:29]

Um, probably it's a reconfirmation that most of the time I'm reacting out of pain, like an old pain that I experienced and not of the present moment or the present interaction that I'm having. And it's worth staying a bit and growing and understanding. Where is that coming from? Because even if okay, we are not healing here anything in 1 hour, but at least to be able to acknowledge or get that awareness that, okay, this is where it's coming from. And I can work on that in parallel with the healing, but then I can be much more aware when this happens and it's triggered. So I don't take personally what the other is saying because their purpose is not to hurt me. My pain is a very old one. It was not generated by them in that moment. Yeah.

Speaker 1 [00:34:43]

I hear these are the obstacles and you already have an idea on how to overcome them. Well, Andrea, I'm here definitely know support. I see already that you have an intention there very strong to light up more, even more the house. So congrats.

Speaker 2 [00:35:06]

Thank you.

Speaker 1 [00:35:08]

Do you have anything else that you would like to share that you have in your mind?

Speaker 2 [00:35:21]

Not really. I think it was a very good and deep exercise to do this type of exploration. And although probably at the beginning I was not sure that I really know how to change this perspective. But now I understanding that it's just me that needs to do the change, not anyone else around me. And I think for me that's extremely empowering because I like to actually be very independent. So if you tell me you have to do the thing so you can change something or succeed, then that's what I want to hear. If you tell me you have to do something, but then another three people need to do something else and I feel dependent on them, then I say, oh, my God. But this feels for me very worrying because it's like, yeah. So it's just with me, it's in my power to change it.

Speaker 1 [00:36:29]

Wow. So in that case, I'm going to close this session with a lot of empowerment, a lot of light.

Speaker 2 [00:36:38]

Thank you. Very useful. Thanks a lot.