Self-Image

Coaching Tip Tip

The Top 10 Steps to Stop Defending Against the Problem, and Start Solving It.

When someone wants to discuss a problem, we never want to be the person who feels that we needed to come in, throw on our stand accepting a problem! Among the most popular techniques used to avoid this are: Ignoring, Denial, Blaming, Anger, Fear, and Guilt.

Alternative possibilities:

1. Catch yourself in whatever avoidance or defensive technique you need to use.
2. Stop and take a breath. Give yourself a little. Consider what you're up to, or what you're trying to avoid.
3. Accept the problem. It's here. Arguing, wishing it would go away, or blaming, doesn't work.
4. Decide to face, Move to, Take responsibility for, or Deal with the problem. Ask yourself, "What's the smallest piece of it I can be responsible for? It is not enough, or sufficient, to be responsible for the whole thing, but what is the smallest piece I can be responsible for, and what can I do that your response will not be a mountain-climbing response to a molehill?"
6. Decide, consider, or imagine what would be the best, or most ideal, outcome. Imagine what it would look like, or sounding like. For a relationship, the first text and dress-rehearsal conversation. Imagine what it would look like. Review carefully, particularly the parts that you can do on this yourself. There are some things for which you need to be dependent on others, but there are many things you can do on your own.
7. Decide what, if any, are the consequences of not doing it.
10. Use what you've learned to set up a mechanism to prevent repetition of the problem.

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Dave Stevens wants you to know: We coaching focuses on personal growth and development. We believe that people are whole, creative, and resourceful. We believe that people know best, and/or is advisable to other-block of any was a and/or is advisable to other-block of any was a and/or is advisable to other-block of any was a