

# Trust Through the Body

## Quick recap

Annie led a discussion on the importance of self-regulation, trust, and body awareness in coaching, emphasizing the need to focus on physical sensations rather than cognitive stories. She introduced techniques for managing intense feelings, including a five-step process for feeling and processing emotions, and stressed the importance of using real-time data from the nervous system. Through guided exercises and demonstrations, Annie illustrated how these practices can lead to improved outcomes in relationships, personal growth, and overall well-being.

## Summary

### Coach Credibility Through Trust Building

Annie led a discussion on the importance of self-regulation and cultivating trust as a coach. She emphasized that a coach's credibility comes from their ability to generate safety and trust with clients, rather than from formal credentials. Annie shared personal insights about anger and its protective role, encouraging coaches to welcome and understand all client feelings. She stressed that coaches should prioritize the "us" connection over any agenda, and centered credibility around genuine care and curiosity rather than knowledge.

### Body Sensations and Cognitive Stories

Annie discussed the distinction between physical sensations in the body and the cognitive stories we tell about those sensations. She emphasized that most people are not attuned to their body's sensations and instead focus on explaining and justifying their feelings, which she sees as an indignity. Annie encouraged participants to practice tuning into their body's sensations by focusing on specific areas like the stomach or toes, and she suggested using metaphors to describe these sensations.

## Body Feelings Management Techniques

Annie discussed techniques for working with feelings and sensations in the body, emphasizing the importance of distinguishing between feelings generated by the nervous system and those absorbed from the environment. She introduced a method for tracking and calibrating feelings on a scale of 0 to 10, noting that overwhelm occurs when feelings exceed 5. Annie shared practices for managing intense feelings, including giving them permission to leave the body and using visualization techniques to release foreign energy. She also advised listening to sensations for messages and taking action based on the guidance they provide, highlighting that every feeling holds a lesson that leads to personal growth and improved well-being.

## Emotional Processing and Body Awareness

Annie discussed the importance of attending to bodily sensations rather than dissociating into thoughts or stories when facing difficult feelings. She outlined a five-step process for feeling and processing emotions, emphasizing the need to first clean out foreign feelings before attending to one's own. Annie suggested that unresolved emotional tension can manifest as physical symptoms, and she encouraged participants to practice attuning to their bodies as a way to address underlying issues.

## Emotional Regulation and Present Moment

Annie discussed the importance of using fresh, real-time data from the nervous system rather than relying on stale, dead knowledge. She shared her process for regulating emotions by identifying and releasing non-own feelings, which she has been practicing for 15 years. Annie emphasized that regular practice of this technique, even in minor situations, can lead to improved outcomes and a better quality of life. She also explained that being triggered means regressing to a younger, less sophisticated version of oneself, and the solution is to practice returning to the present moment and accessing adult-level emotional regulation.

## Balanced Connection in Relationships

Annie discussed the importance of maintaining a balanced approach to connection and desire in relationships, emphasizing that needing less from a

partner often leads to more genuine connection. She explained that when people are driven by compulsion or attachment, it can create tension and lead to unsatisfying outcomes. Annie encouraged participants to practice being present and curious about their feelings, rather than fixating on specific outcomes, and demonstrated this approach with Malcolm during a coaching session.

### **Body Scan Meditation and Insights**

Annie guided Malcolm through a body scan meditation exercise, helping him identify and release tension in his body. Malcolm discovered that the remaining sensation in his belly was a 2 out of 10, and through guided questions, he realized this was a message about accepting his feelings, particularly sadness, anger, and shame, which he had previously suppressed. Malcolm's body advised him to put himself first and honor his needs, leading him to commit to spending an hour by the ocean relaxing and being present.

### **Body Sensations and Emotional Release**

Annie led a group exercise where participants explored body sensations related to frustration and stuckness without discussing the underlying issues. The exercise aimed to help participants release tension and connect with their emotions. Annie emphasized the importance of focusing on physical sensations rather than getting caught up in stories or explanations. She encouraged the group to try this approach with friends, family, and clients, noting that healing can only happen when we focus on the actual sensations rather than getting distracted by stories.