

When Parts Compete

Annie's method for integrating opposing inner forces to restore harmony and action

Quick recap

Annie led a coaching session focused on resolving internal conflicts by aligning opposing forces within the psyche, drawing parallels between a 60-watt light bulb's potential to light a room or cut through metal when focused. She emphasized that clients often become stuck when their unconscious mind, which seeks safety, conflicts with their conscious desires, creating a tug-of-war that can be resolved by bringing unconscious fears into present-time awareness through a practice she calls "nowing." The session included a demonstration with Catherine to explore and address her internal conflict between her desire to succeed financially and her loyalty to her mother, using a therapeutic exercise to foster understanding and connection between these two aspects of Catherine's identity.

Summary

Resolving Internal Psychological Conflicts

Annie led a coaching session focused on resolving internal conflicts by aligning opposing forces within the psyche, drawing parallels between a 60-watt light bulb's potential to light a room or cut through metal when focused. She emphasized that clients often become stuck when their unconscious mind, which seeks safety, conflicts with their conscious desires, creating a tug-of-war that can be resolved by bringing unconscious fears into present-time awareness through a practice she calls "nowing." Annie also discussed how patterns that once served a protective purpose may no longer be adaptive, using the example of insects attracted to light, and highlighted the importance of recognizing and addressing unconscious loyalty to family patterns that can hinder personal growth.

Holons and Mind Parts Resolution

Annie discussed the concept of holons, which represent both whole and part aspects of reality, and emphasized the importance of viewing all parts as useful rather than wrong or bad. She explained that as coaches, their role is to help clients resolve conflicts between different parts of their mind by finding common ground and fostering collaboration. Annie demonstrated a process for resolving parts conflicts, highlighting the need to hold a meta stance and maintain a soft, non-clenched desire for reconciliation. She invited Catherine to participate in a demonstration of this process, focusing on identifying and resolving opposing forces within the mind.

Resolving Catherine's Identity Conflict

Annie and Catherine engaged in a therapeutic exercise to explore and address Catherine's internal conflict between her desire to succeed financially and her loyalty to her mother. They created two symbolic 3-inch tall versions of Catherine, representing her conflicting desires: Action Taker Catherine, who wants to succeed and provide for her family, and Resilient Catherine, who values loyalty and connection with her mother. Through this exercise, they aimed to foster understanding and connection between these two aspects of Catherine's identity, with Action Taker Catherine taking the lead in seeking to learn from and understand Resilient Catherine.

Coaching Technique for Internal Alignment

The group practiced a coaching technique involving two parts of a client named Catherine, with one part focused on resilience and connection to family of origin, and the other on career and financial independence. Through a guided process of interviewing and reconciliation, the two parts were able to find common ground and align their goals, resulting in a significant reduction in internal conflict for Catherine. The exercise demonstrated how resolving key dichotomies can lead to system-wide refreshment and increased energy, with participants reporting positive outcomes from practicing the technique with each other.