

Self-Regulation in Relationships

Hi.

James, been a while.

It has been. Good to see you.

Okay.

Just got a little small class today. Alright. We'll see who else shows up.

How are guys doing? Let me just touch in with you. Minka, what's what's alive?

What's working? What could be even better?

Well, it can be better that I don't have to be now in hospital.

I'm I'm helping my friend, so I will just listen to the class, but I'm not going to be on a gym because I need in between to help.

But me, personally, I just talked to Warren on Monday. I feel really empowered.

The things are really going in the right direction. So now I understand all the fact.

Understand what I need to do. I'm doing the things. I'm slowly putting the pieces together.

So it's it's better and better. And I got also permission to go to United States on Monday evening. I'm flying to California, and we will do a big trip almost three weeks.

That's amazing. You can fly. You have focus and direction.

Are you helping your friend in the hospital, you're in the No.

I'm helping my friend in the hospital.

Oh, that's sweet.

Yeah.

Amazing. Yeah.

Great. Great report, Minka. Fantastic. Yeah. Now you can come visit us next time we have something at our house.

Yes. Yes. I have now until October two thousand twenty seven. I have this this visa.

Visa.

So, yeah, I don't have to until twenty seven, I don't have to do it again. Yeah.

Beautiful. Alright. Well, bragged. James, give me a little update. How are you doing?

I'm doing well. Thank you.

Keeping fairly busy doing working a little on the business there.

And I've this year, as now, I've been with my my registered domestic partner, Yolanda, for a little over ten years now.

This is an an anniversary?

So well, not today. No. It's January. We count January, really.

Yeah.

But so, I mean but just trying to do a few fun things here and there. It'd be good, I think, to do even more.

But Would you like to be a leader there?

Like, to proactively lead some Well, I you know, I am in your course. You're you know, sometimes I miss the the the when you're originally doing it, but I think you're Are you in the how to be in love course?

Yeah. Okay. Good. Okay.

Yeah. That that and so I I just you know, I you're one of my favorite people.

So it's I figure I'm just I wanna be open to anything that's gonna support the relationship.

Oh, I love hearing that. Okay. Well, what I was gonna teach today is gonna it's, I think, the most important thing to learn as an adult human, and it's definitely the most romantic and empowering thing you can learn for a relationship. So we could just dive into that. And, Minka, you're in a relationship.

Yes. Yes. I am. I I met my husband at North Pole.

Oh, that's right. Okay. Well, this is this will be a review because I've talked about this before, but I always wanna learn this at the next level because, really, every issue you have in your life, including issues with another human, is because we have something happening in our body, some emotions, some experience coming up, and we don't know how to be with it. So our inability to be with it means we only act in certain ways. Like, we won't say what we mean because we don't wanna get our partner upset because we don't know how to be with the sensations in our body when our partner is upset. And so then your partner can never be upset.

So it creates this whole bondage situation. So the ability to know what's happening in your body, be with it, and know how to take care of yourself. Hi, Ali. Welcome.

You know, the ability to know how to take care of your body while someone else is having a reaction is also part of this training. So it's not just my partner's upset.

If they're upset, I get scared. I don't wanna feel scared, so I don't tell them the truth. I hide the truth, or I, you know, conceal something and don't express myself. And then they now feel that you're not being expressed, so then they don't say what's really going on for them.

And you get this whole, I'm not really here in the relationship. So we're gonna talk today about how to create safety and regulate your nervous system and be in your body. And we haven't talked about this in a while, so I just wanna if you've been in my other programs, you've heard it recently, but we'll start at the very beginning. You know, when you're a baby and you're in your mother's womb, you have everything handled.

Your nervous system is continuous with her nervous system. You're actually one nervous system.

And all the food needs, all the regulation needs hi, Christo. We're talking here about the beginning of life and how we all started out in a womb in a dark enclosed space, and our nervous system was connected to our mother's nervous system. And in fact, it was one big nervous system.

The mother's body rewires into a two headed dyad.

And some people even think it's like there's almost like a parasite living inside the mother's body, and they're both using the resources.

And there's actually tension between the mother's needs and the baby's needs, but the baby always gets priority, hence the parasite metaphor. So if the mother's

not drinking enough milk and taking in calcium, the baby is growing bones. It will literally leach and leach calcium from the mother's bones to make the baby.

So okay. So you're entrained with your mother's nervous system, and then when you're born, you remain entrained. You are still connected, and, a baby is born unable to soothe or calm their nervous system.

So they depend on a caregiver to do that. They're soothed by the mom's body, voice, milk, or not, right, depending on the mom, the touch, the attention, the presence of a caregiver, and the extent to which the caregiver can calm their own body down when they're upset, that teaches the child how to do it or not.

K? And this is why from a very young age, we have expected others to soothe us. That equals love. So we often code external regulation of our nervous system as love.

And the failure of another to say or do or be the thing that would make us feel safe and regulated, we code that as not love. So if you if I talk to you or connect to you and I feel better after and safer and calmer, I love you and you love me. If I interact with you and I don't feel safer and calmer, that's not love. That's the coding.

And this is makes sense from a young child's perspective, but as we imprint our attachment figure with our caregivers, then when you fall in love, you port all those patterns right over onto your new attachment figure, which is your husband or your wife or your romantic partner. So we think we're dating somebody and that they're a romantic partner, but actually your nervous system codes them as mommy or daddy, the person who's supposed to make me feel safe when I'm scared and upset or frustrated.

And when they don't do that, we feel very disappointed. So when you choose your mate, you're getting a new attachment figure. And at some level, we all expect to be rescued.

Whether rescuing looks like I'm scared and upset and anxious and sad, and you are supposed to say or do the thing that makes me feel better because that's love, It's either that or I'm angry and frustrated and blamey, shamey, and you need to tolerate my blame and shame and answer to it and change your behavior and do and be something different so that I don't have to be angry. So it's either you're causing my fear and upset, or you're causing my anger.

They're both two forms of victim.

Wouldn't me. I didn't do it. I am contingent. I am dependent on outside, which totally makes sense for a baby.

Totally makes sense for a child. They literally can't even feed themselves. They can't walk. They're totally dependent.

So when we're interacting with another human as if you're responsible for my anger, you gotta fix it, Or you're responsible for my anger, shame, fear, anxiety. You gotta fix it.

Those are two forms of our little inner child feeling like the world is causing everything, and we're not responsible. But as a grown up adult, learning how to realize, oh, actually, I can do things. I can remove myself from a conversation where someone's yelling and screaming. I can take my body away. I can regulate my nervous system. I can take space. There's things I can do to take care of myself without needing the other person to change.

And, actually, when you do those things, hang up the phone, close the conversation, say time out, remove yourself from the situation. When you do those self care actions, they always, always have the emergent impact on the other person is that they have to cope.

They have to cope without your, I'm sorry. They're there. It's okay. Or, yeah, you're right.

I'm the bad person. That's why you're angry. The other person has to cope. What is cope?

Cope is regulating your nervous system, growing up and becoming an adult, realizing nobody's coming to save you. No one's coming to save you emotionally anymore.

If someone does on a coaching call or a friend or a family member, that's bonus. That's like, woo hoo. Yay. No one owes it to you.

And the feeling of someone owes it to me in order to be okay, I need them to do the thing.

That owing is the entitlement of a child that's hungry and just crying, which makes sense. Like, they literally can't get it for themselves. But as a grown up, you just look like a tantruming child that isn't in their own power to your romantic partner, and it's the least attractive thing. Literally, the least attractive thing you could possibly do in romance.

So there is nothing more romantic. No flowers, no bathtubs, no vacations to Paris. Nothing is as romantic as you taking radical responsibility for your nervous system so you don't burden your partner with your upset and make it their fault and their problem to fix. That that there's nothing more romantic than that.

So that's what we're gonna learn.

Self self soothing, which is self regulation, which is regulating your nervous system, which is paying attention to what's happening over here in your body because that's where your nervous system is. We could call it grounding, centering, regulating, generating safety in the body. All of this is what adults do.

Children don't do it, and adults need to do it for children. But our parents were not adults, most of them, most of the time. So they would go get upset in some way. They would not be able to regulate themselves, and then the child, us, then has to figure out a way to make mom and dad okay. Because if mom and dad okay, then

we're okay. So we become parentified, and we learn that attachment dynamics is either expecting someone to make me feel better or having to make someone else feel better, and then that gets imprinted.

So the metaphor I wanna give you, especially for those in relationships, and I'm sharing this for your personal life, but also when you work with clients, because this can generalize to people at work and colleagues and any relational dynamic.

If someone you supposedly care about or cares about you or maybe even loves you and may married to you, if someone is not giving you what you need, a hug, an apology, space, time out. If someone is not doing, saying, being, acting in the way that would most help you feel better, safe when you're upset, it's not because they can and they know how to do it, and they're just choosing not to. It's not because they won't. It's because they can't.

This is a very important distinction. Once I realized the reason my husband couldn't give me what I needed when I was emotionally upset wasn't because he was sitting there going, I know she needs this. I'm not gonna give it to her. Screw her. No. It's literally, they can't.

So say you've fallen off the relationship and you're drowning in the ocean. You're like, I'm drowning. Partner, onboard. Will you throw me the life jacket? And you're begging and screaming and thrashing, and they're not throwing you the life jacket.

They're just standing there on the deck.

Maybe it feels like they're laughing. Maybe they're you know, maybe it feels like they're doing it on purpose. It looks like they're right beside the life jacket, and you're saying, please send me the life jacket, and they're not sending it. So this is horrifying. But what I've realized is if someone you love and someone who loves you is not throwing you a life jacket while you're drowning, it's because only because they are actually drowning on the other side of the boat.

But they don't look like they're drowning to you because their drowning looks very different than your drowning. So you think they're on the boat not sending you the

life jacket, but they're drowning. They're actually calling you to send the life jacket, and they're wondering why you're not throwing.

And you're both like, oh my god. This person doesn't love me. Can't they see I'm bleeding out my eyes? Can't they see him crying? Can't they see them angry? They can't see nothing. They're drowning.

So when two people are drowning, what what are we gonna do? Well, ain't ain't nobody coming to save you. Your partner's drowning. You have to learn to swim to shore.

That's your only chance to sell see help you or the relationship.

What is swimming to shore? Regulating your nervous system. This is what we gotta learn to do. Because if you can swim to shore, you can help anyone on the boat.

You can go get help. You can go regulate. You can go calm down, get centered, come back to your adult self. So it's just a good metaphor because very often, you'll be like, all I need is a hug, literally a goddamn hug.

All I need is an apology. All I need is for them to give me space. All I need is for them to say, sorry. You're all you need, which you think this tiny little thing, which is so easy for you, is a Mount Everest climb for them.

I can give anyone a hug. I don't care if I hate them. I I can give anyone a hug. I don't have a problem with that. Some people do.

What I can't do is maybe, like, hold a boundary and get really angry at someone so they back the **** **. I don't know how to do that.

So we all have different things we can do. I can hold someone all day crying. I can cry. I'm gonna cry my eyeballs out. No problem crying.

Somebody's angry. I'm angry. Oh my god. I'm not sure what to do now. Some people are really good at anger.

They're like, oh, I can take anger. Bring your anger. I can handle it. They can give anger.

They don't know what to do when someone's crying. Oh my god. I'm gonna die. They're crying.

So we've got different skills.

Alright. Where did I go now? I lost my oh, no. I lost my I had gymnasium that I was trying to work with you guys. Now I can't even find it.

Ugh. Give me a minute. Any questions, put it in the chat. Any comments? Start just just tell me while you look for this.

You you were at the two people drowning part and No.

I know. I was I just I'm setting this up for an exercise. Now I forgot the exercise. Right.

Oh. Any comments you guys have about we just heard? Any pushback? Bring it.

I don't have pushback. I am smiling.

It'll be sixteen years ago when I had my third child, and I was in the most awful state of postnatal depression, and I'm trying to feed this baby that would not latch on, and it was just really stressful. And I remember my tears bouncing off my screaming child's head as I'm trying to latch him on to feed.

And I just I I was, like, just in this pit of despair. And my husband is outside painting the garden fence.

And I've walked through the kitchen, baby's screaming, and I'm crying. And and he came in, all I needed was a hug. All I needed was a hug. And I remember just being the temp the temper tantruming version that you described earlier.

I became the child. I was like, all I need is a hug. And he turned and he said to me, but I'm outside painting the fence.

And I looked at him and total I was incredulous. I was like, can paint my own ***** fence, but I can't give myself a hug. But what you said was so true. He's an acts of service person, his love language. So he's making sure that the garden's safe, that the roof tiles are all fine, that everything's all painted and giving me a hug in my moment of, like because I could hug at somebody all day as well.

For him, that it's never occurring to him.

Yeah. I mean, he's not particularly emotionally nuanced the way you are. No. Not at men aren't. I I've heard it once in an article described that being a man is a form of autism.

That's actually Well, we now know that he actually is on the autistic spectrum, but but that that really does make sense for me.

But just when you described it, it was like, oh my god. I remember that moment where how could he not notice that I just needed a hug? And I didn't have the the I didn't have the language then and the awareness, you know, sixteen years ago to be able to ask respectfully and, you know, around it. Asking.

We often are like, I shouldn't have to ask.

Yeah. And I was in that place. Can you not see? Tears bouncing off our screaming baby's head.

Can you not see that I need a hug?

It's like, no. I'm painting the fence. I'm making the garden also.

And if someone never had a hug when they were Yeah. Tearing up, They don't have a reference experience. So I'm not saying that there isn't some developmental learning on his side. He really picked someone who is gonna demand more emotional cultivation, and so he's had to learn, or you've had to learn to ask and Yeah.

You know how to get through that. But what I the the thing I'm trying to bring home here is I would say ninety nine percent of the time. I'll leave one percent because you might be with a sociopath or someone that we have to special case it. But ninety nine percent of the time, the person who cares about you, mom, sister, brother, partner, child, the reason they can't help you is it feels like a choice because you're like, well, they hugged me yesterday.

Well, they're a completely different person from yesterday to right today. And when you are upset, people regress when they're in attachment dynamic. So if someone else is upset, my husband, oh, it just falls off him. But if I'm upset, I'm just a little bit irritated about something in the kitchen.

It impacts him in a different way than if a neighbor came by because we have like, it's an intertwined, nervous system. And over time, what I try to train people in is how to unenmesh so that your partner's upset isn't just instantly going into yours nervous system. It will sometimes, but I I have a process that allows me to unentangle from Evan's upset. Otherwise, now he's upset.

Now we're both upset. Now there's two upset grown ups, and our child then now has to be upset. So you have to learn how to differentiate from your partner's feelings. And I remember the day when I was at a hotel in San Francisco, and Evan was having some hissy fit.

And I was trying to fix it, and he just said, will you just let me have my feelings? And I was like, what does that mean? I I don't even know what that means. And he said, you put up a screen, and you leave my feelings on that side and your feelings on your side, and we don't take on each other's feelings.

And I was like, I thought about that, and I was like, you mean not love you? Like, literally, I had taking on feelings as love coded. And over the years, I've realized that's not love. That's codependent.

And it'll feel unloving. It feels mean, beastly, awful, actually. It feels very unloving to do this differentiation process, but then you have a choice. You have a dial on it. Anytime you just automatically do something, you're not in power. You're being puppeted on a marionette, like a marionette on strings.

So in order to take back your power, you you need to swim to shore. You if you can swim to shore, you can still help somebody else. But if you are dependent on someone else, you're like you're not a good person to swim with or go boating with.

And it changes when you go, oh, they don't hate me. They're not unloving. They're literally at the capacity.

Now you can want more capacity. Like, I might want my husband to learn how to regulate and handle himself, but it's a different I don't go to McDonald's for a kale salad. Like, I I don't go in there entitled and upset when they don't have a kale salad because they're a burger place and a french fry place. And so when I understand what kind of food my husband can serve, I'll I know this isn't available there, then I will react differently.

There's no entitlement.

There's no disappointment. And, actually, I married the person perfect person because him being unable to help me regulate when I was upset emotionally forced me to learn how to do it on my own. I don't need him at all anymore, like, literally at all. He's there if I want him, but I don't need him.

I don't I don't lean on him emotionally. I can choose to, but I can also choose not to because I have all my tools. And to be a mother and then to be a teacher and a coach, if I need someone else that I'm leaning on, then my clients can't feel my

sturdiness. And a child needs to be able to lean on me even if my husband's MIA physically or emotionally.

And both parents need to be like this. So so learning to differentiate and regulate your own nervous system without leaning or depending on another is actually the mark of being a successful parent and actually lover.

So it's all by design.

Okay. Any questions before we go on?

Christo says, is it possible that they can, but not aware that they are not? Yeah. Almost all people think they can swim to shore and regulate. They think their dissociation, or they're like, they're calm in the middle of a fight, and the other person's all upset, but they've dissociated. They're not actually with their feelings.

They've m I they've left their body, and they're just, like, off in their head in narratives, explanations, justifications, reasons.

Most people don't think that they're they have an inability to regulate. I They have to be quite sophisticated to even understand that there's a thing called a nervous system in your body, and it's your job to attune to it. That's, like, quite advanced, actually. But I don't know if I'm answering your question, Haristo.

Oh, that was from a little bit ago. You said that they cannot, I even forgot what it was.

You mentioned that they can't It's not that they won't.

It's that they can't.

Yeah. I even I forgot. I think it was it's it's about, I'm not sure if it's about Evan or or a person that you mentioned that they can't be available or they can't do something. And said, is it possible that they can, but they're not aware that they're not actually doing it at this point?

Yeah. Most well, you know, a kid, before they learn to ride a bike, it's not like they know how to ride a bike, and they're just not. Right? They actually, I don't know how to play piano, and no amount of regulating is gonna help me play piano. Right? So some things you actually have to educate, like how to set up a website. It's not because you're dysregulated.

Well, actually, for some of us. Actually, because with the new AI tools, it's mostly, oh, I'm scared. I'm afraid.

So some things, they don't have the capacity, the skill set, and so I wanna teach you some skills here now.

Some people have the skills. Like, I have the skill. I I have a million ways to regulate. But sixty plus percent of the time, I'm not regulated around my husband.

Forty percent on a really good day is me, and I teach this for a living. So I know how to regulate, but most of the time, I just get triggered. I go into my regressed self. I get frustrated and blame y in my mind, and he should do something different.

And why is he causing blah blah blah in me? The standard thing. And then I react in a defensive way or in a passive aggressive way, and then we get into it. So I'm I can, but I'm not.

Now in some ways, I can, but I'm not doing it. In another way, I can't right now if because I'm not doing it.

So I just look at the outcome, and I just go some days, I can do twenty minutes on an exercise machine, and some days, I just can't get past fifteen. I don't know why. I don't know if I had bad dream. I know if I didn't eat enough.

Like, we all have different days. And I notice if I haven't eaten or if I'm a certain hormonal time, my fuse is this. And other times, it's like, oh, you're yelling at me. It's sliding off my shoulders.

And another time, you just look at me the wrong way, I'm like, So we are So when you know that you have the awareness about yourself that sixty percent of the times, you are regulated oh, no.

You're not.

You're not.

And then forty percent you are.

What do you do?

What yeah. What would you do?

Well, I've trained everyone in my family that if they see me going wacky, which is, like, I'm dysregulated in any way, like, angry, scared, sad, overwhelmed, frustrated, confused, any of them, that they say to me. I've trained my daughter and my husband to say, mommy, will you regulate? Annie, will you regulate? I've trained them to say the word because I know when ***** hitting the fan, when I'm upset in any way, the only right thing to do ever is to regulate. There's nothing ever more important.

I always think it's something else. Like, I just need this. If I just did this, it would calm me down. But actually regulating is the right thing because I've worked with so many couples and so many clients, and I just see, oh, every single time, if they would just regulate, they'd come back to the present moment. They'd have access to new technologies. They'd be able to implement all the tools I spent ten years teaching them. And so I've learned regulation is the answer to any situation.

Can I ask you a question about this real quick? So so alright. So so dysregulation regulation, in in my experience and and, learning through our life that if I'm not regulated, then, it comes from the past. Correct?

Right?

So Well, I would say this.

When you're not regulated, it means you're dysregulated. In other words, you're triggered.

But then But dysregulated could be, like, one out of ten.

Oh, I sent an email without spell check. Like, I I wouldn't call that triggered, but it's a little frazzly. So it's on a spectrum. But let's say, you know, five or higher, we'll call triggered.

Yeah?

Okay.

Okay. K. So if you're five or higher, it means you've time traveled. Trigger equals time travel.

Time travel to a younger self under ten years old, usually four or five years old. So you're a grown up, but the nervous system had just been triggered to regress to a younger version of yourself. So you are acting from four year old, you think you're a grown up. You're using grown up words.

The other person thinks it's a grown up, but all you have access to is four year old files of behaviors.

And that could be from, you know, learnings in the past or or beliefs and traumas and all those things that The the place so say I get triggered.

My husband says something, I get triggered.

Where I go, the feeling I get maybe humiliated. He says something and I feel humiliated, let's say.

The last time I felt humiliated and it didn't integrate, which is probably when I was four years old, like, because it never got integrated. When I was in kindergarten and I said a question, answer in front of the class, the whole class laughed at me. I'm just making this up. That humiliation from when I was four never got completed.

So think of a feeling like a curve, like a wave comes up comes up. Oh my god. All the kids are laughing at me. I dissociate into a trauma response.

I don't complete the feeling. I never finish the sign curve. So a bookmark goes into the book in that moment in my life called arrested development. Around humiliation, the book closes, and then I go on with my life growing up.

And every time I feel humiliated, the book opens to that four year old version of me in kindergarten, and I'm trying to integrate. The feeling is like, maybe now she's strong enough to feel the humiliation all the way to the end. She's never no never more than five, seven minutes. Maybe now she can do it.

And then when the feeling gets complete, like Tetris, it just disappears. It doesn't haunt you or monopolize you anymore. But until you have a friend, a therapist, a coach, or someone safe enough to be with you while you breathe through the feeling, the feeling will keep stopping midway and never completes. So a trigger is you time traveling back to a bookmark in your younger self where a feeling never got completed.

And it's the feeling is like, I'm just gonna keep coming back till you finally feel feel it to completion.

So there's always an opportunity every time you get triggered to complete it, like, actually. And I'm gonna show you what to do today to complete it. Does that make sense?

Okay. So self regulation, which is regulating your nervous system, attending to your body is there's as many ways to do it as there are human imaginations. There's not, like, one way.

So you have to become a researcher of what people are doing. Like, how do they bake a cake? There's many ways to bake a cake. You can copy someone else's recipe, but it might not taste the way you want, so then you're gonna tweak it a bit. Add a little more vanilla or almond flavor or something. So I wanna give you some examples, but I want you to see them as starting points that you use your imagination to co create something that works for you. Not all of them work for me.

And as far as the the the self regulation, when when you get triggered, at that point, we can use tools, we can pause and work with it with ourselves and we can regulate ourselves at that moment. Would that be the same tool that we can use to for us to regulate ourselves and dissolve whatever happened back then and it never come back anymore?

Or it's just for the moment?

Because some some tools are just to regulate yourself at the moment, But I'm talking about time you regulate yourself in the moment, say the the the feeling is like this, think of it like a wave.

If you just make one inch further on the wave, you make progress.

But once you hit the top, it doesn't get worse. So then it just gets better. So what we not everybody can feel that humiliation feeling when they were in kindergarten all the way in one moment. They might take little bits, and they may and then one day in the right moment after a beautiful meditation retreat, they finally have the resource and they complete the feeling.

So once the feeling completes, it does not haunt you anymore. It just becomes like a memory. Like, oh, I remember when that thing happened in kindergarten, but it doesn't haunt or arrest your attention in any way. And it just becomes that's called being it's integrated.

I have a video that I taught. I'm gonna put it in the chat here called how to feel your feelings. This is, like, a full whole class on the extended procedure. I don't know if you guys can click on that. You can just keep that because this is probably the best little me describing everything you can do to complete the feeling. But today, what I'm gonna share you share is so I'm mashing everything together because see it as one complete thing, kinda like a ballerina sees a whole dance, but then I'm trying to chop it into steps for you.

So the first thing is you have a nervous system, and it has sensations, and it's how you know when you're starting to get upset. Most of us don't notice that we're upset until we're seven, eight, nine. We're already losing our ****. And not only do we know we're upset, everybody knows in the room. But most of us are not noticing, oh, I'm a little irritated. Oh, I'm a little frustrated. Oh, it's getting a little higher.

We go straight, you know, zero to ten. But if you're starting out at the gym and we're gonna be building some new muscles, self regulation muscles, we start with the smallest weights, five pound, two two pounds. So I don't want you to try and do these things at a seven out of ten upset because you ain't gonna remember anything I said when you're seven out of ten. You're just gonna do your normal thing.

Because after you hit five, it quickly rounds up to ten because five rounds up to ten in math. And what a trigger is, another way to think about it, is amygdala hijack. So you leave your adult self. You become a young child self.

Now your inner lizard that's surviving is driving the plane or the car. So the things you're gonna say and do are from survival trigger amygdala hijack. It's not your cognitive high-tech functioning.

So wait. What was I saying about that?

So so the whole process is in this video that I put in the chat, but it's basically notice your nervous system. What number is it at? If it's over five out of ten, you

have time traveled. You need to you need to there's so many different ways to think about this.

If you're over five out of ten upset, the frame I hold is that I'm holding someone else's energy, someone else's thoughts, feelings. When I was a little kid in kindergarten, all of those kids and the teacher laughing at me, their energy, their judgment, their shame got into my body. That's a way of thinking about it. And then I took it on, and then I got traumatized because I don't know. I I I basically was absorbing other people's stuff.

So one way to and it could be the kids. It could be my parents yelling at me. It could be something a sexual abuser. When you are abused physically, emotionally, sexually, you often take on the energy of the abuser in your body in the in the trauma.

And then you don't know why you're always feeling this shame y feeling in your body. It's because you took on their energy. This is a metaphor, but it's a useful metaphor. And so the frame I have is anything five or more out of ten, I'm holding someone else's stuff in my space.

That's why I'm overwhelmed.

Because anything your nervous system produces, you can integrate and assimilate.

If your body makes a hormone, you can digest the hormone.

If you take a substance from someone else's body and try to put it in your body, you might not be able to digest it. So similar, if you take someone else's energies, thoughts, chains, guilts, shoulds, ought tos, and you have them in your body, you will never be able to digest them. They're just sitting there like squatters in your psychic real estate. You need to give it back.

So unenmeshing is the first step if you're super triggered.

And then once you let go of anything that's over five out of ten, it usually the sensation in your body is now under five out of ten.

Remember, we're talking about the sensations, not the story about the feeling, the actual sensation in your body. That's what a feeling is. It's not a bunch of reasons. Feelings are physical sensations in your body.

Like, when you are thirsty or you need to pee, there's no story. There's just, I want water. I need to pee. You don't go, how much lemonade did I drink?

Do I need to pee right now? So the the feeling that's left after you let go of what's not yours is your actual feeling, and then you wanna use the regulation tool to breathe through it to completion.

But you can't regulate someone else's feelings in your space just like I can't use your bank statements to do my tax filing. Like, it just it'll just sit in my house taking up space. I can't do anything with your bank statements.

Does that make sense? This is kind of a review for a lot of us, so I'm just gonna go quickly through that. So I'm just gonna remind us here how to regulate your nervous system, which another way to think about is how to become present. You know, when everyone's like, you should be in the present moment.

Eckhart Tolle, the power of now. What is nowing? What is it? Nowing?

The best I can find is nowing is entering the only party happening in the universe.

There's only one party going on, and it's in the present moment. And we're always in the present moment, but our consciousness is often stuck in the past, shoulda, coulda, woulda, worried about the future, anxiety about something. So when you can bring your consciousness into the present moment, now we can do some ****. Now we can heal.

We can transform. We can have intimacy. We can have connection. Nothing meaningful happens unless you're in the present moment.

No healing. No transformation.

So every teacher worth their salt out there is basically selling the same thing. And as a coach, you're selling this now for sale. Now for sale. Everyone's selling you access back to the present moment.

And the fastest way I've found to get back to the present moment is to focus on your breath. That's it. That's what meditation teachers will teach you. Like, if you can close your eyes and bring your attention to your breath, that's the fastest, easiest way, and that's the easiest way to regulate your nervous system. So regulation is actually coming back to the present moment where your nervous system is giving you cutting edge information about what's happening inside of you, outside of you.

Why wouldn't you wanna be connected to the cutting edge?

Why would you wanna be hanging out with stale old data from kindergarten? We wanna know what's happening now. Is there a tiger now?

K? So we're coming back.

Bringing your attention and regulating nervous system is bringing your attention back to the present moment, time travel back to the present moment. Remember, trigger is time travel back to a past moment of pain that never got integrated. Self regulation is time travel back to the present moment.

So these are time travel exercises. Breathing, any kind of conscious breathing, Vipassana, box breathing, yoga breathing, any of breathing you've ever learned where you are intentional because our body is unconsciously breathing all the time.

So we can do it without paying attention. But when you bring your attention to your breathing, it forces the body brain dance to cohere, and it gives you access to your body.

So self regulation, every you know, three to five deep breaths where you inhale, and then you exhale twice as long as the inhale.

Almost exhale like you're through a straw. Inhale. Exhale through a straw. Long and slow. Three to five of those breaths saved my marriage, saved my life.

Do I remember to do them? Mostly not. Mostly not. But if I can remember, it always works.

So you just have to do it a few times, you go, well, that worked better than whatever I was doing before. And then the feedback loop starts to close, and you just start doing whatever actually works better. Any kind of meditation, transcendental meditation, mantra meditation, focusing on an object, Vipassana, any meditation is basically regulation.

What did Buddha do to get enlightened?

Sadhguru sat under a Bodhi tree and meditated. What did he do? He just hung out in the present moment, didn't let anything distract him, and he uncovered the whole nature of the universe. So that's what's possible. We're all Buddha, basically, is what he would say. Okay. Any bringing you know, say you've done qigong or you've done any energetic or somatic practices where you move energy and attention up your spine or through your body, microcosmic orbit, anytime you're closing your eyes and attuning on the inside of your body with any process, it's gonna regulate.

Physical movement, exercise, pilates, stretching, dancing, bicycling, running, all of these things. Any kind of physical exercise, movement brings you into your body.

If you're ever pissed off at somebody, go do a workout, and you'll at the end, you'll be like, okay. I'm I I don't think this works, but that you'll have way more ideas about how to unstuck the situation.

Basically, anything that brings you your into your five senses will regulate you. The easiest one I tell some clients is, like, you're in the middle of a situation. Just wiggle your fingers and toes. Literally, just wiggle your fingers and toes, and it just pops you out of the, oh my god. I'm gonna die. It's the end of the world.

There's many others. We've all seen, like, even though I'm frustrated, I still love and accept myself. EFT tapping, someone invented, which is involves intentionality, involves suggestion, but it involves bringing your attention to your body.

Doctor Rudin created this process where you take your palms, put them on the outside of your shoulders, slide them down to your elbows, basically pet yourself ten to twenty times, vary the pressure and the speed until it feels yummy.

This right after about five or six passes, you start to go it down regulates you.

I'm gonna put this in I'll put these in the chat.

And then, yeah, EFT.

Here. I'll just put these in the chat. These are just like a starting point.

You wanna go and research. When I meet people, coaches, therapists, I ask them, what's your favorite self regulation tools? Like, it's gold that they found. I just wanna hear.

Every you know, people throw things.

Throw something back and forth, bilateral stimulation. If you throw something back and forth across your eye love eyesight and your eyes just follow it, it regulates your nervous system. Looking in the corner. Corner up, corner down.

Corner up, corner down. Diagonal regulates your nervous system. There's a there's a million ways. Everybody's got ways.

Find one that works, and then use it, and have a few in your toolkit.

Okay.

So who wants to play with me? I'm gonna do a five minute demo, and then you guys are gonna try this.

K? Who wants to play with me who's got a feeling? Okay. Crystal, let's go.

Unmute.

Alright. So I'm gonna ask you.

First, tell me about a feeling that's currently alive for you.

Could be any feeling, an intense feeling that you'd like to work with.

And close your eyes, though. Close your eyes and just scan your consciousness for a feeling. I want you to do this with your eyes closed. So close your eyes, see what pops up, what's most alive, and then tell me what it is.

Okay.

So there's this girl that she and I have been going out, and, we've been communicating a lot also via text. And two, three days ago, I sent her a text that was a little more forward, so I have not heard from her.

K. So when you think about that situation, what feeling do you have?

Actually, don't even name the feeling. When you think about that situation, where do you feel the contraction or anxiety in your body? Just scan your body when you hold that thought.

Around the chest, torso. Chest.

Excellent. So feel the chest and the torso wherever it feels the strongest. And I know you're just guessing, intuiting intuiting. Just hang out there. Is it your chest?

Okay. Great. Now I want you to cal, give me a calibration on that feeling.

Zero to ten, ten being the highest.

I'd say five, six.

Okay. Good. Now I want you to use your imagination and give permission to let that feeling move out of your body and take up as much space as it wants outside of you. It has full freedom to expand outside your body as far as it wants to go.

Use your imagination to animate this process.

And as you breathe in, you're calling all your strength and your wisdom and your life force back. As you breathe out, you're letting go of any feelings that may not have come from you, that may come from your history, they may come from other people. You don't even need to know who, but just notice whatever moves out of your body was never yours to begin with.

Breathing in, calling your energy back, breathing out, letting anything that's no longer serving you, that does not belong to you, giving it permission to go.

Keep breathing consciously.

Okay. Great. And then tune into your chest area now. Just check-in that area. What number is it at now? Zero to ten.

It's pretty low. Maybe wow. Almost nothing.

Great. So I want you to send for whatever's left there in your chest, send loving, reverential curiosity towards those sensations so that part in your chest feels your attention, your care, your love. It's almost like you're sending healing white light to

that area. You're attending to your body, your sensations. And just ask that area of your body, is there anything you're trying to show me?

Anything you're trying to teach me? And just listen to the center of that sensation in your chest with a curious open heart.

It may say something. It may not. But what you're listening for is a wise inner guru or zen master that is loving, which is your body. It may have a message for you. It may not. You're just asking.

I don't know if there is a message, but I'm not sure if it comes from the heart or my mind.

Well, the way you'll know is if it's empowering, loving, affirming, like wisdom from a guru. So what you're asking is, hey, inner wise man, higher self, what are you trying to show me or teach me that will help me feel even more powerful and safe?

That I'm forgetting who I am.

Okay. And ask that area. If I remembered who I am, what would I remember? What would I be believing instead?

I'm already complete, and at times, I forget that.

K. And ask that area, what's something I can remember to reconnect to who I really am?

Just pause and look inside.

Okay. So I want you to take that reminder, pause and look inside. Look inside to the very wise, beautiful place that you're connecting with right now and that this is always available for you. All it takes is one moment of breathing and turning inward, letting go of what's not yours, and attuning to the wise elder inside of you.

So will you take that on as a sacred instruction invitation?

Are you willing to Christ, are you willing to take that on as an invitation?

To take that knowing inside?

To when I when you might get confused or upset or anxious in the future that you can always, at any moment, close your eyes, turn inward, take some deep breaths, Let go and expand out of you, whatever's not yours, and then hang out with the sensations underneath to remember who you are. Will you will you take that invitation? Okay. Great. You may or may not do it sometimes, but at least it's there as an invitation.

So just thank that area of your chest for connecting with you, and let it know that you heard it and you're taking it seriously.

And when you're ready, take a nice deep breath in, and then gently open your eyes and orient to the room.

K. How are you feeling now?

That area is much lighter. If there is anything over there, should say. Doesn't feel anything.

Excellent. Okay. So what we just did is I just guided you through the process of regulating your nervous system by attending inwards. Now most of us, when we're anxious or upset, we turn our attention outwards. Are they texting me? She didn't text back. Should I email them?

It's some outward attention on them. What are they thinking? What are they doing? What is the world out there? What can I do to get safety?

But the counterintuitive move that I'm trying to suggest is to turn your attention inward to your body. So counterintuitive.

And yet it's the only one that actually works long term, so we have to practice it. So we're gonna get into groups of two, and we're just gonna I'm gonna give you the whole let's see. Can't fit it all in.

K. So, Kim, if you're here, you can format that for them, but you're basically gonna just walk each other, I think, maybe groups of two so we can be done in half an hour. Kim, will you put them into breakout?

Yep. Rooms are opened, and I will format that and put it in document. So all you're doing is just interviewing the other person for the sensations, letting go of what's not theirs, and then recalibrating after, and then interviewing for wisdom.

So this is you learning to regulate and to basically feel a feeling, but, like, the beginner's version.

So try it out. I think this is the most important skill I could possibly teach you, so I'm gonna keep revisiting it. I'll see you on the other side.

Hello. Nobody was in my room.

Oh, no. I'm sorry. I was looking at the document. Hang on one second. I'll put you in room two. There you go.

Thank you.

You're welcome.

Hey, James.

How was that? Everybody got to turn in inwards and do something different?

How often do we do that when we're upset? What's with the bullying? We often don't pause and turn inward, and I just want you to have a practice of just trying that today. We get a little bit frustrated or irritated with anyone. Just try this just for a small thing.

Start with the small weights.

Any comments before we go?

Would you do that for yourself too?

Me? That's all I do.

And it okay. So you mean, like, alone when you're alone? It's not only coaching?

I do. My life is talking, getting triggered, and then doing the thing I just taught you all day long to just to keep saying. That is literally all I do. I spend half my day regulating because I'm a skittish, anxious neurotic.

So you might not need to do this, but I that's just this when I learned how to do this, I was like, oh, I can look like a normal person now.

Well, that sounds like it's a I mean, very because I went through the steps. It's it's a calculated process. Right?

It is. I tried to break it out. Alright. I'm gonna have to part now. I gotta teach another class.

Try this out. Practice it. I'll see you next time.