

SHADOW/ SELF-EXPRESSION



THE COACHING MASTERS

SHADOW / SELF-EXPRESSION

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PURPOSE OF THE TOOL: Help the coachee overcome a recurring fear or anxiety.

1) IMAGINE- if faced with the situation that causes you insecurity and that, in some way, has affected you in achieving your goal. Focus on your physical body what makes you "freeze" in the face of such a situation? Imagine all these shaky feelings you felt in that circumstance. Now imagine pushing those feelings out, putting them in front of you and giving them a body and a face.

2) PAUSE AND REQUEST THE CLIENT TO SAY WHAT THEY SEE.

(He doesn't necessarily have to close his eyes if the location isn't appropriate or if he realizes it might embarrass him.) Ask him to describe this figure.

Note: This figure represents its shadow, that is, everything we don't want to be, but we are convinced that we are represented by our unconscious in a single image. It is related to the way you see yourself, regardless of how far from reality it is. Our shadow is capable of making us feel inadequate and incapable without our being aware of it. When we act, we seek to hide what we are ashamed of.

3) ASK THE COACHEE TO IMAGINE THEMSELVES AGAIN IN THAT SITUATION THAT MAKES THEM UNSECURED.

Let him remember who is present and notice how he is feeling. Look at the audience (one person, a few people or a crowd doesn't matter) and now think that your shadow figure is standing in the corner facing you.

4) REQUEST THE CUSTOMER TO DIVERT HIS ATTENTION FROM THE AUDIENCE AND FOCUS ON THE SHADOW.

Feel an indestructible bond between the two and feel that together they are fearless. Ask him to turn to the audience and say with all authority that he is in charge now. And let him see how free and safe he is. If he doesn't feel that way, repeat the tool a few times until he does.

5) REQUEST THE CUSTOMER TO FOCUS ON THE SHADOW EVERY TIME THEY FEEL UNSECURED.