Supporting Your Clients to Eliminate Persistent Undesirable Circumstances from their Lives

Your clients will possess certain situations in their lives that they consistently find themselves complaining about. You will notice that such conditions are unwanted by your clients but somehow consciously or unconsciously they manage to keep them in place. You will observe that they tend to keep these situations around because doing so provides them with some reward. Keeping an unwanted situation in place allows them to justify or explain something or not be responsible for taking action that would resolve the condition that they say they do not want.

One contrary benefit that your clients may realize from keeping an unwanted condition in place is suffering. Suffering is defined as having something your clients don’t want or wanting something your clients don’t have. When they suffer, your clients and others get to feel sorry for them. Your clients may not be aware that they are keeping their unwanted conditions in place, but by feeling sorry for themselves as victims of circumstances beyond their control they forfeit their personal power in favor of being right about something that they get to keep in place in their lives.

Suffering is about resisting those conditions in life they see as undesirable without taking responsibility for doing something about them. The dynamics of resisting actually keep the condition and the related mood of suffering in place. Let me give you a few examples.

Many of your clients will use their age as an excuse to justify some unwanted condition in their lives. Travel the world? Go back to school? Get involved in a new relationship? Do something differently? Not them, they will protest that they are too old to do that! As their life optimization coach, you can instruct these sufferers that age has nothing to do with what’s possible in life. It’s simply an excuse for not taking responsibility for playing full out. Notice the tone of suffering exhibited by people who use their age to explain why they can’t take responsibility for doing what would best support them. Poor John, he’d like to be able to learn something new, but he’s just too old.

Fear can also be a justification for inaction when people use it as an excuse for playing safe, staying stuck or not expanding beyond their comfort zone. People use fear to avoid responsibility for making courageous choices. Fear is an unreal illusion. Physiologically, it appears as the same body sensation as excitement. Only the interpretation placed on the sensation distinguishes the two.
Poverty can be an excuse when it’s about not taking responsibility for doing what is needed to take care of oneself and one’s family. When your clients are poor, the world is making them victims at the effect of lacking money and resources. Their self-esteem suffers when they see no way out of their situation. They believe themselves to be disadvantaged, underprivileged, and incapable of affecting change. They will shift focus from being the source of abundance to the recipient of handouts. Many will be indignantly angry that life is so unfair. They have lost sight of their ability to change their undesirable situation. Remind your clients that they need not always be poor and victims of their circumstances. Suffering is optional for those who choose responsibility instead.

There are, of course, instances where poverty is not an excuse for inaction. Famines, natural disasters, third world countries and disabilities can all affect one’s ability to take responsibility for creating abundance. No one is disputing that it is more difficult to succeed coming from a disadvantaged background. However, to give up and blame circumstances rather than be proactive and affect change does not support anyone. As with every distinction, there are no absolute rules. Remember, as a coach, your intent is always to empower, never to blame.

You will likely also experience clients who continually apologize, berate themselves and feel perpetually sorry for their actions. Remind them that it may be much easier being sorry or apologetic than responsible and proactive but taking that approach does not support their happiness or personal power.

If you encounter clients who stay in an abusive relationship as victims, remind them of their ability to make other empowered choices. Instead of taking responsibility for doing whatever it takes to make life work, people stay in unworkable relationships so they can feel sorry for themselves and gain the sympathy of others. To leave a bad relationship and a commitment to the status quo may mean ceasing to be a victim while taking full responsibility to make life work. Challenge your clients to do so!

The way to end suffering is to tell the truth. As a coach, you cannot hurt people by telling the truth responsibly. Freedom and personal power are directly related to open communication. Withholding the truth hurts others. The truth can set your clients free - but it may tick them off first. Telling the truth is essential to developing mastery and achieving satisfaction in any arena.

The key to having an unwanted circumstance disappear is simply your clients’ willingness to be rid of it. Encourage them to decide to tell the truth about their situation. If they determine that they are willing to take responsibility for eliminating it, they will surely find a way to do become free of it.
Here are some exercises to assist your clients in eliminating persistent undesirable circumstances from their lives

1) In the areas of your clients’ health, relationships, career and finances, request that they name at least one unwanted condition that persists in their lives.

2) Ask your client what does keeping it in place allow them to justify or explain?

3) How are they not being responsible for eliminating this condition?

4) Make a powerful request that they determine what actions they will take to eliminate their unwanted condition?

Or suggest that your clients tell the truth about why they are keeping these undesirable persistent situations in place. If they refuse to take the appropriate actions to rid themselves of these undesirable conditions, invite them to decide to embrace them and stop complaining about them.