Creating Interpretations that Support Your Clients’ Excellence

The source of many of your clients’ daily conflicts are incompletions they carry with them from their past. These incompletions run their lives and keep them from being fully present to maximizing new possibilities.

Living in the past fuels the misinterpretation machine they are inclined to frequent as part of the human condition. Notice when your clients tend to confuse what actually occurred in a given situation with the interpretations they make up about those factual events. Their failure to distinguish what happened from what they made up causes them to operate from incorrect assumptions. This context then serves as a filter through which they will view the world from that point onward. Every experience they will encounter from their filtered perspective further strengthens the filter, reinforcing the interpretations they made up in the first place.

Too often, you will find that your clients tend to confuse the facts about what actually happened with some negative or disempowering interpretation they make up. They will then act in a manner consistent with this interpretation they now hold as true.

Separating out what happened or the actual facts involved and any interpretations made up about those facts can vastly improve their quality of life. Point out to your clients that their interpretations will throw them into their own familiar moods of anger, sadness, or fear. Each of your clients will have some variation of one of these 3 predominant moods. These moods are terribly addicting as your clients will tend to formulate interpretations that result in them becoming angry, or sad, or afraid. Though they may think they do not like feeling angry, sad or fearful, their addictive and most familiar mood is captivating and brings with it many benefits. It allows your clients to
feel that they are better than others. It makes them right and others wrong. It allows them to dominate situations and avoid being dominated. It enables them to avoid responsibility for taking more difficult actions that require them to stretch outside of their comfort zones. These additive emotional comfort zones enable them to justify what might otherwise be seen as unjustifiable behaviors.

Often times, these additive emotional reactive states allow your clients to feel sorry for themselves while evoking the sympathy of others. After all, who can blame them for reacting when others “made” them mad or sad or afraid?

Because your clients’ interpretations are always made up anyway, why not assist them to make up something that supports them and others to be empowered in their relationships rather than go down the same old familiar path of justifying their bad behavior because of the actions of others beyond their control?

Teach your clients that they always have a choice. To support them to gain insights into interpreting familiar situations differently, ask them, “What are the facts around what actually happened?” Then, “What is an empowering interpretation that you can make up about these facts that will support life working for you and for all others involved?” Suggest to them that they start to notice that their empowering interpretations about a situation never lands them in their familiar moods of anger, fear or sadness.

Stress to your clients that this is one thing that is never handled. The moment they forget to be responsible for separating facts from convenient interpretations, they will be back in their chronic upset state! It is always juicier to create an interpretation that makes them right, better than someone else, allows them to avoid responsibility or lands them in their customary mood of anger, fear, or sadness.
For life to work and their relationships to be strengthened, encourage your clients to rigorously manage their interpretations moment by moment. Mastering this distinction can dramatically alter the quality of their lives while enhancing their personal effectiveness. Challenge them to seize the power at any moment to transform who they have been to the person they have chosen to become simply by managing their interpretations carefully.

Here are some exercises to empower your clients’ lives:

*In every situation with the potential to produce an upset for your clients, have them ask themselves the following questions:*

What happened? What are the facts? What did you make up about the facts? What interpretations do not support harmony in your relationships? What more empowering interpretations will you make up to move life forward? Request that they record their observations daily in their journals.