

Navigate your Self!

Coping better through understanding - the Inner Team

Do you recognize this? You need to take a decision or find the best way to approach a problem but even though you've thought and thought, you just can't move on.

Have you ever noticed that sometimes there are several conflicting arguments in your head that can even seem quite upset? Don't worry! It's perfectly normal. Your inner team is speaking to you and things can sometimes get agitated so that you might even feel like you are dealing with an unruly rabble. It can feel disconcerting; being at loggerheads in your own mind!

Set aside some time and discover which parts of you are talking and what exactly those parts are trying to tell you.

Here's what to do step by step:

1. Put your thinking cap on

What do you need an answer to? What do you need to decide about? Note down the question or issue that's on your mind.

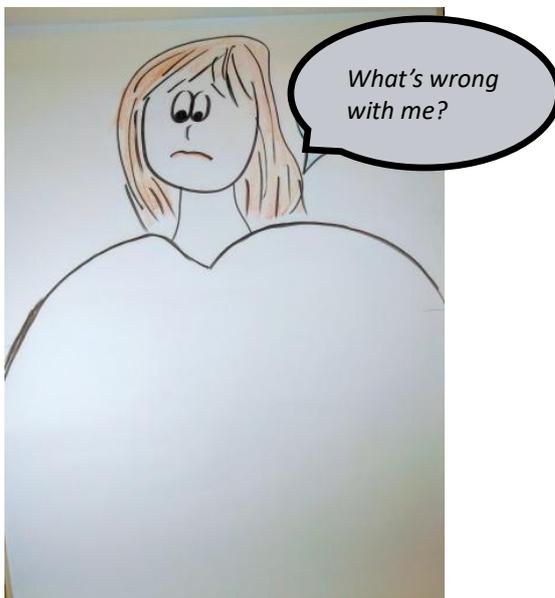
For example:

Should I really move in with my partner?

or

My boss wants to give me more responsibility. What's best for me?

2. Take a big piece of paper and a pen, draw a figure (yourself) with a big body, something like this:

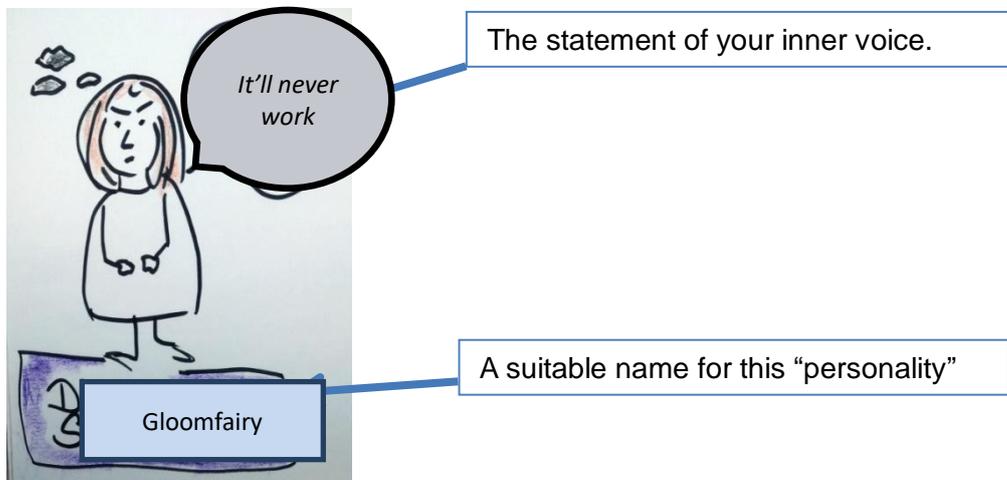


Write your question or issue in the speech bubble.

As you work through the process, draw small figures in the body to represent your inner team.

3. Listen carefully

Allow yourself to pick up what's bothering you. Which sentence do you hear first in your mind? Which thought and feeling comes through first?



Keep going! Who pipes up next? What's their statement and how are they feeling? What kind of name can you give them?

Step by step, this method often reveals various and sometimes contradictory points of view. Remember to note down the key statement and an appropriate name for each part.

Stop at the point where you feel you've collected all the different parts. There might be some latecomers who turn up after you think you've finished. If so, simply add these to your picture; they need a place too.

4. Take time to examine your inner team

When looking at your inner parts, ask yourself what they show. Treat them with respect and seek to uncover the good intention of each. Negotiate between them to find solutions or suggestions for your next steps.

Finally, make a decision about the way forward. Remember, as the leader or director of your internal world, you get to choose which direction to try out or what action to take.

Perhaps you would like a coach to work through this process with you. We would be glad to help by asking insightful questions, helping you to structure your thoughts and discover the motives of all parts involved.

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