

Relationship Postures Part 1

Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15

Where we are pursuing.

00:00:16 Announcer

The art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy.

00:00:26 Announcer

So buckle up, buttercup.

00:00:27 Announcer

Because here comes Sharon.

00:00:44 Sharon

Good morning.

00:00:44 Sharon

This is Sharon Smaga.

00:00:46 Sharon

Welcome to pop coach life where we are pursuing the art of purpose over perfection where we're making everyday choices to.

00:00:56 Sharon

Focus on what we're capable of.

00:00:58 Sharon

What is good enough instead of all the little things we do wrong.

00:01:03 Sharon

And I want to introduce today the something called relationship postures.

00:01:07 Sharon

I thought this might be kind of fun and and interesting to do as a little bit of a series and it came up in a discussion with the coaching client.

00:01:17 Sharon

This week already, so I wanted to share that with you.

00:01:21 Sharon

So we're going to do some glasses on glasses off because that's the stage of life I'm in.

00:01:27 Sharon

Relationship postures.

00:01:28 Sharon

It's very it's very simple concrete concept and for that I think it's actually really.

00:01:34 Sharon

Powerful as a tool.

00:01:36 Sharon

In a way to think about some relational needs or issues or struggles in our lives.

00:01:41 Sharon

So there's four of them.

00:01:43 Sharon

One of them is you count.

00:01:45 Sharon

I don't count.

00:01:47 Sharon

The second one is I count you don't count.

00:01:50 Sharon

The third one is.

00:01:51 Sharon

I don't count.

00:01:52 Sharon

You don't count and the 4th 1:00.

00:01:55 Sharon

And this is probably the one we're obviously sort of striving for is I count and to count.

00:02:01 Sharon

And that's the most value add.

00:02:03 Sharon

Posture, if you will.

00:02:05 Sharon

And wanted to kind of talk about #1.

00:02:08 Sharon

Day and #1 again is.

00:02:10 Sharon

You count. I don't count.

00:02:13 Sharon

And I want to just kind of hit on the problems, the rewards and the change, the way to begin to create change.

00:02:22 Sharon

If you're in each posture, and when I say reward, I just want to label it every behavior.

00:02:29 Sharon

If if you look at behavioral theory, the idea that every behavior has some reward or payoff.

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We may not be aware of it.

00:02:36 Sharon

We might be.

00:02:37 Sharon

It might be conscious, it might be subconscious, but there's a pay.

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For engaging in the behavior, and that doesn't mean you're intentionally doing that, because that's what you want in your life or that you know what you're doing and you know you're just copying out.

00:02:57 Sharon

It's just that we all have motivations for behavior that we're often not aware of.

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So when I talk about the reward of the behavior, I'd encourage you to think about it that way.

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Otherwise, it might feel a little insulting, to be honest.

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It's kind of like when we talk about weaknesses and and we tend to feel a little.

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Insulted by that so.

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Here we go.

00:03:19 Sharon

Number one, you count.

00:03:21 Sharon

I don't count.

00:03:23 Sharon

So this is if I treat you as if you matter most in the relationship and I have little value in the relationship, I don't really matter.

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That's what we're talking about when we say we count, so you matter.

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I don't matter the problems.

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Some of the problems that come with this are I give my rights away.

00:03:43 Sharon

I have to be less so you can be more so I sort of disappear in this kind of relationship because.

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Remember you have.

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The worth and value and I'm saying.

00:03:52 Sharon

That I don't.

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And so it reinforces low self worth.

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And I'm going to say.

00:04:01 Sharon

Self loathing, I think, when we engage in this posture, we're often struggling with a lot of self loathing.

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That's scary to acknowledge or scary to look at.

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It might even feel appropriate in a way it might feel like it's being humble or.

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Self deprecating in a kind of charming way, but underneath that often is.

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You know, I don't think enough of myself to stand up or to be present in the relationship.

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OK, so the the rewards, there's some rewards to this behavior.

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Believe it or not.

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Kind of hard to believe, I know.

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But every behavior member has some sort of payoff.

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The reward in this is I don't have to own my own stuff, right to kind of get a.

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I'm kind of off the hook.

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Because if it's all about you, then it's all about your stuff.

00:04:57 Sharon

I can externalize and blame.

00:05:00 Sharon

I can avoid my own needs and feelings.

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And I kind of look like the good guy or the patient one or the long-suffering 1.

00:05:12 Sharon

I I look like the martyr.

00:05:15 Sharon

So in these relationships, often the person that's being treated poorly looks like.

00:05:23 Sharon

I almost hesitate to say this, but I think I'm just going to go for it and nail it.

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Looks like the victim and I'm not saying that there aren't relationships to in this category.

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Very extreme where there is victimization, those are exclusions.

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That's not what we're talking about today.

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But just on a kind.

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Of everyday basis where I.

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Am playing the victim or the martyr right?

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And so, let's be honest, makes me look.

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Like the good guy.

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So the way to begin to change this if you are engaging this way in a relationship with.

00:05:56 Sharon

Remember, we're saying that you're the person may be saying, well, you matter, but I don't you count.

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But I don't.

00:06:04 Sharon

My encouragement for change.

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Would be that you explore and develop a stable sense of your own value and worth.

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That's often a missing piece here.

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You're also going to need to develop some self-awareness and take ownership of your own thoughts and feelings. So if you want to disengage from your partner always you know, feeling like your partner's controlling how you think and feel, then you've got to start to label and take ownership of your own thoughts and feelings.

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You need to learn and implement healthy boundaries for self.

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So and that comes around protecting as you develop a stable sense of your own value.

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Then you will be more inclined to create.

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And implement some healthy boundaries.

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That are protective in a right way.

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You also need to stop blaming your partner.

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I felt that one a little.

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So you can't blame your partner, right?

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Maybe they do suffer.

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From a little bit of ***.

00:07:09 Sharon

Maybe they really are.

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Jerk. Sometimes whatever.

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But you can't blame them for you not stepping into the room.

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If you will.

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Or stepping up in the relationship and sort of.

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Staking your worth.

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And speaking up and valuing yourself, OK, so we have to value self to change this posture, really important and to learn to speak out of self respect instead of.

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So the goal is to respect yourself instead of people pleasing.

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I think a lot of people pleasers can fall into this relationship.

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So there's some ideas for you to think about.

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And consider.

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What you know, if you find you're engaging in this and you can label that, where do you want to implement change?

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So I've given you several options.

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You can kind of think about and where would you feel most comfortable kind of making a small shift or a small change?

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It's a process.

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Overtime doesn't have to happen overnight.

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It's not going to happen.

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Ones, but there are some ideas to get you going.

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I hope this has been helpful the next time we'll take a look at the relationship posture of eye count.

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You don't and that should go up next week and we'll explore that one a little more.

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For now.

00:08:31 Sharon

This is Sharon Smaga with pop coach life pursuing the art of purpose over perfection.

00:08:38 Sharon

Take care and have a great day.

00:08:45 Announcer

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