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My 10 most effective self-coaching techniques



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Introduction

I have collected 10 of the most effective self-coaching techniques. These are the techniques that have worked the best for me and continue to do so. I hope they will do the same for you.

Be skeptical and critically question what I, and other people, offer you.

Every person is different. Therefore, different techniques can be more-or-less helpful for you. Out of my profound coaching education and my experience as a coach, I have an understanding what to offer you. But please double check this information carefully to make sure it is suited to your needs.

It's not my intention to tell you how the world really is. Out of my experience, I know there are always different perspectives you can take. And dependent on how you see the world, it has specific consequences. You can take the one or the other perspective and search evidence to understand why **it is like this**.

I understand my advice as offering you different perspectives, out of which you can choose. Just try them curiously and prove what consequences they have related to your goal.

Always prove if a new perspective brings you closer towards your goal.

0 - Know your Goal

Before using any self-coaching techniques, you should ask yourself the following question:

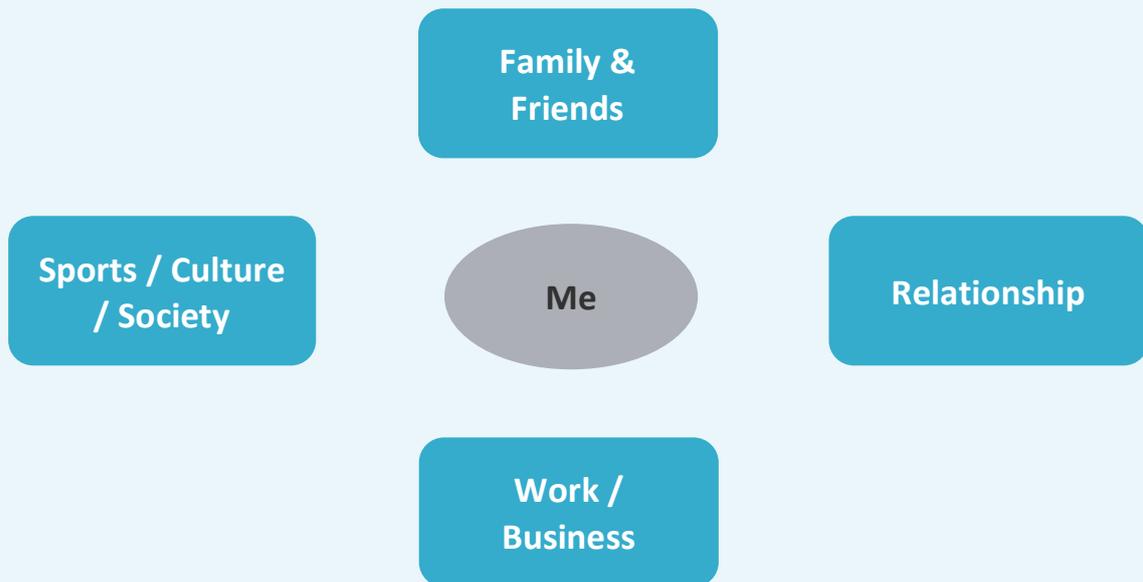
What is my goal?

Knowing your goal is essential for every self-coaching journey. You have to know where you want to go. What would be the ideal result of the coaching for you?

1 – Determine your status quo

If you have no clue about your specific goals or you are on a journey of self-development, then consider the following technique which helped me to find the right focus.

We all face the challenge to balance out the following parts in our lives.



Is there one area where you feel your focus and improvement is needed? If yes, you have your first field to work on. Often a strong imbalance doesn't let us feel fulfilled. Start to work towards the most neglected area in your life.

How much, on a scale from 0 (very little) to 10 (fully), are the following six human basic needs (after Anthony Robbins) fulfilled at this moment in your life?

very little		fully
0	Certainty	10
0	Variety	10
0	Significance	10
0	Connection / Love	10
0	Growth	10
0	Contribution	10

After writing down your personal numbers, look at the two needs which you rated the lowest.

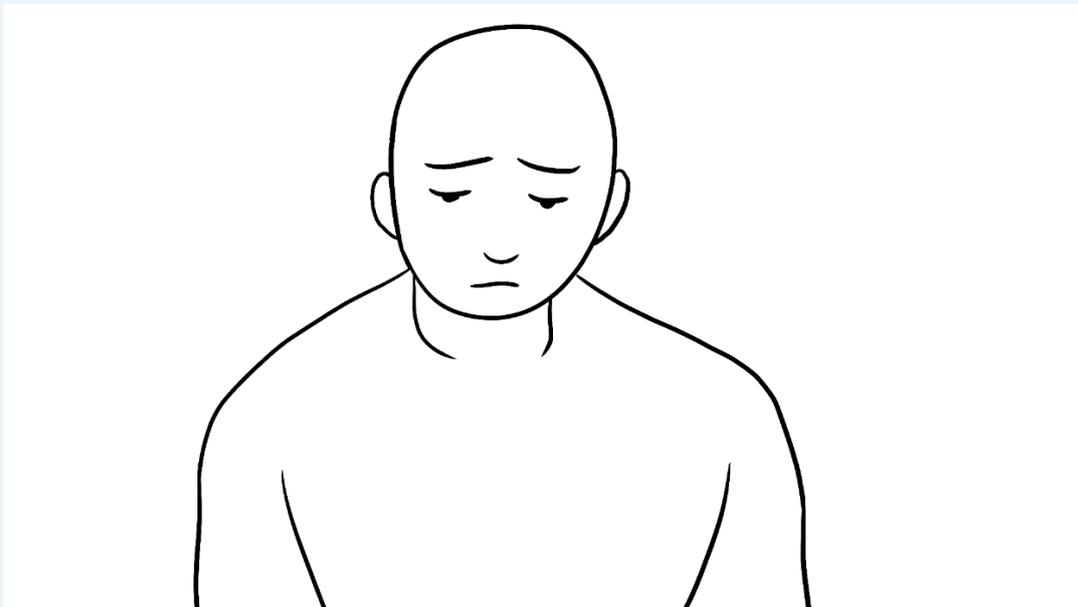
Why is that?

What can you do to improve it?

2 – Body Intervention 1 – Your shoulders

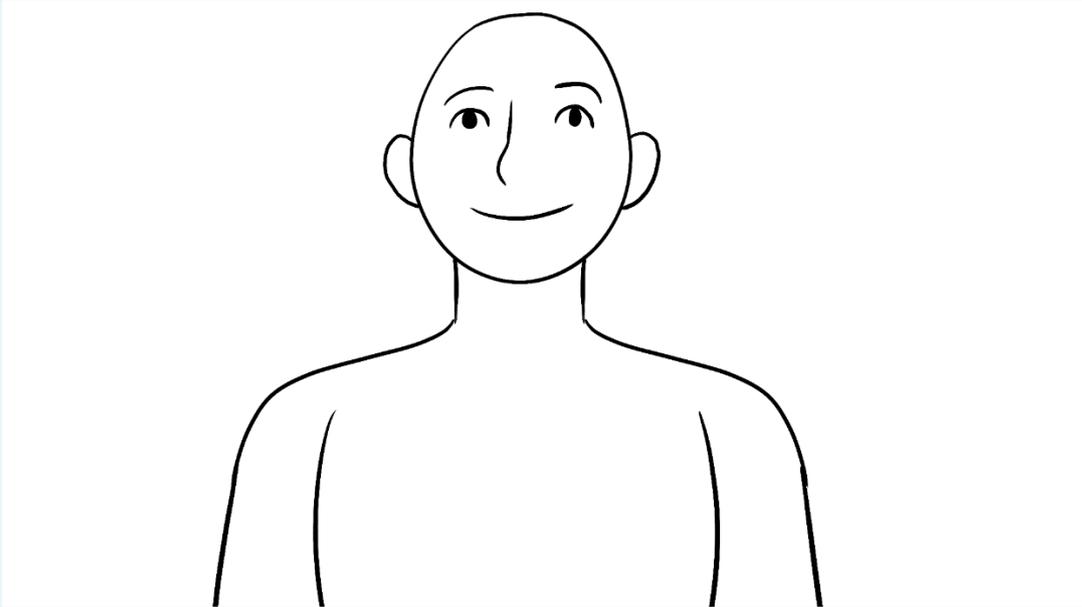
Using your body is one of the most effective ways to immediately change your state of mind.

When I coach people with a bad mood, weight problems or even depression, you always see their shoulders hanging down. They are hanging down towards the front part of the body and their upper body is slump down to the front.



Your body and your mind are always connected. If you change the state of your body, you immediately get access to different regions in your brain.

Try it. Next time when you feel bad just bring your shoulders back. Expand your chest and heart region. Stand up and make your body as tall as possible.



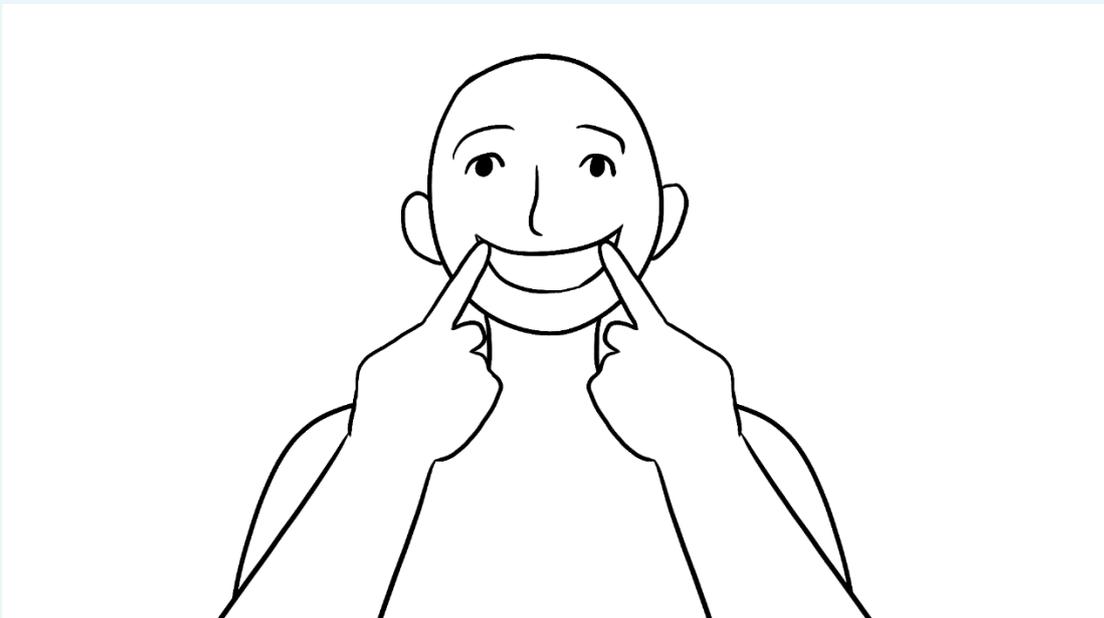
Then see if something changes.

That's also one of the reasons why sports is such a helpful cure against bad mood and depression.

3 – Body Intervention 2 – A smile

Next time you feel miserable, just try to make a fake smile, and hold it for 10 to 20 seconds. Your muscles in your face are pressing on special nerves that are connected to the brain with happiness. After a few seconds, the “happiness areas” in the brain will get activated and you may feel a change.

If you are not in the mood at all for smiling, just take your fingers and press the two corners of your mouth up as if in a smile.



Special Effects happen when you do this exercise in front of a mirror. 😊

The effects of body interventions are scientifically proven. If you are interested in further information, I recommend you check out the TED Talk by [Amy Cuddy](#).

4 – Question the reality you are constructing

Everyone has an individual view of the world. This view is shaped and influenced among others by our parents, our experiences, our society, the people around us, and so forth. Our brain constantly saves and categorizes our experiences. Out of this we develop individual personal beliefs.

Sometimes these beliefs become obstacles towards our goals.

Start to reflect on and question your personal beliefs and your view of the world.

Ask yourself the following questions:

- Is it really like this?
- What are other possible perspectives?
- What could be the perspective of a friend, an external person or a person involved (the opposite side) in your concern?
- What are the consequences of these other perspectives?
- To get other perspectives, it may be helpful to ask another person for suggestions.

5 – Consequences of your reality-construction

Which consequences have your reality-construction towards your goals?

After exploring different perspectives, prove every possible perspective on the consequences towards your goal.

Is there a perspective that helps you come closer towards your goal?

Often a change of our inner perspective can resolve a problem.

6 – Reach your subconscious with pictures and imaginations

OK now try not to think about a yellow crocodile. 😏 NO seriously, don't do it!!! 😏

You see it is not possible not to think about a picture. Our brain works like a big search engine, just more than a thousand times faster as any computer. It constantly scans our big database of memories. If we see, hear, smell, taste or feel something familiar, our brain immediately makes the connection to past experiences and emotions.

We all know situations when we hear a special song or smell a special smell and **BOOM**.

In milliseconds old emotions are activated. These reactions are coming out of the unconscious parts of our brains. You can't deliberately control or stop these automatic processes with words or your conscious thinking. These evolutionarily parts of our brains don't understand language.

There are situations where you could freak out about this or feel helpless.

The yellow crocodile might be a smaller problem than, for example, a discouraging sentence that you heard from your father and that pops up in certain situations.

The good news is that there is a strategy for reaching our subconscious and influencing it.

Through pictures and our imagination!

Pictures are the language of our subconscious and with helpful pictures we can influence it.

I stay in the example with the discouraging sentence from your father to explain the technique.

Imagine a situation in which the sentence pops up. Imagine a picture of your father saying this sentence to you. In your imagination how big is your father and how close is he?

In your fantasy everything is possible. So, start to make the inner picture of your father smaller until you no longer feel threatened. Maybe position him farther away from you and maybe change the pitch of his voice until you feel more comfortable and under control.

Repeat this imagery from time to time and see if something changes.

7 – Check your inner team, who’s there?

Outer or inner conflicts often cause struggle.

Here is a quick example:

Because an important project must be finished, your boss asks you to stay longer at work today. At the same time, you have an appointment with an old friend this evening.

Your inner struggle starts. One side of you, your “inner reliable employee,” may argue that you need to cancel the appointment with the friend. Your other side, your “inner trustworthy friend,” pleads with you to refuse your boss. How will you decide? Which side will win and how would the inner communication look like in your case?

Another example with pictures:





(Example after Schulz von Thun, Talk to each other 3, 1998, Becker 1997)

In different situations different parts of our personality are active. Likely we will behave differently in the following contexts: At work, at home, together with friends, while playing sports, while at the Christmas event of your company, and so forth. In every situation another inner part takes the lead and behaves appropriately.

In difficult and challenging situations, it can be very helpful to know your inner team.

Which inner sides are there?

Go through your past experiences and collect all the different states (inner sides) that come to your mind.

8 – Check the interactions of your inner team

Go deeper and analyze your different inner sides.

Do your inner sides communicate with each other?

If yes, how is the tone? Friendly and caring or harsh?

Which sides are dominant and leading?

Which sides are hiding or repressed?

9 – Be a Leader and a Captain of your inner team

While analyzing your inner sides, you have to step out of yourself and see yourself from outside.

You are going beside or above yourself, whatever feels good for you 😊.

This is also called a meta position. A position in which you are as little attached as possible to your different sides.

Try to imagine and picture yourself as a captain, leader, director or whatever feels good for yourself.



(Example after Schulz von Thun, Talk to each other 3, 1998)

Out of this position ask yourself the question: How can I help with improving my inner situation. Does one of my inner sides need help? Can I help introduce my two inner sides to each other? And so forth...

A focus on a lovely and caring communication and a respectful treatment between each other is mostly very helpful and reliving.

Through your personal picture you can anchor this state to remind you of it every day. For example, if your picture is “Captain America,” then go to the toy store and buy a small version of him and put it in your bag or pocket. If your picture is a director, search for a fitting picture on Google and put it as a wallpaper on your mobile phone to remind you regularly.



(Example after Schulz von Thun, Talk to each other 3, 1998)

10 – Gratitude, positive focus

At the end of every day, write down three positive things. This will shift your focus to the positive. Out of our evolutionary context, our brain has a tendency to focus on potential danger and negative things. With this small but effective intervention your brain will learn to focus more on positive things.

You can do this exercise also about your partner. Write down every evening three qualities or acts of your partner that you appreciated this day. Let yourself be surprised by the effects.

I'm happy about feedback

I'm happy about all kind of feedback.

Whether you

- have questions,
- want to share some experiences with my techniques,
- have hints, comments, any suggestions,
- or you found great other techniques.

Just feel free to contact me:

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