

Sample of an actual Coaching Chat Session with Mike Brown and Client; Coaching a Client through a Breakthrough Experience.

(Client gave me permission to use this and I changed the names, but the content is original)

Mike Brown www.ChangeYourLifeCoaching.com

Spiritual Life Coach Mike: hello Linda

Linda: so where do we begin?

Spiritual Life Coach Mike: yes, where do we begin?

Linda: my relationships would be a start

Spiritual Life Coach Mike: ok, let's look at that.

Linda: I am totally in love with James, I feel like he loves me but he won't say it and now he keeps talking about his new friend Kim who I've never met

Spiritual Life Coach Mike: I hear you

Spiritual Life Coach Mike: have you told James that you love him?

Linda: No, not in those words he knows how I feel sorry my typing sucks

Spiritual Life Coach Mike: how does he know how you feel if you haven't told him?

Linda: Some of his friends have told me that he loves me but is afraid to say it

Spiritual Life Coach Mike: how does he know you love him?

Linda: I would do anything for him I got a DUI when he was really driving just so he could keep the bar

Linda: I feel he may be using me sometimes

Spiritual Life Coach Mike: using you for what?

Linda: don't know he has more money than me and I feel that he is holding out for someone better

Spiritual Life Coach Mike: I hear you, do you think that maybe that could be your intuition speaking to you?

Linda: Maybe, but he usually texts me back, I live in CA and he lives in AZ so we only see each other on weekends, but for the past 2 days I've gotten nothing back

Spiritual Life Coach Mike: I here you

Spiritual Life Coach Mike: what are you feelings about this now?

Linda: I feel hurt and I love him so much that if he finds someone that he is happier with than me I will be there for him. I just kind of feel betrayed

Spiritual Life Coach Mike: I hear you Linda, I really here where you are coming from.

Spiritual Life Coach Mike: I'm sensing that you are unsure of yourself, is this accurate?

Linda: Yes I have really low self esteem and I don't know why

Spiritual Life Coach Mike: well, you don't really need to know why, but it's good that you know that, because that is something you can work on building up.

Spiritual Life Coach Mike: I encourage you to start with yourself, and focus on giving yourself love first.

Spiritual Life Coach Mike: what I'm hearing is that you are trying to get something from him that you are not giving to yourself, is this accurate?

Linda: I like myself, but I can't say I love myself I am confident in who I am but at the same time I really don't like me. I am unemployed and I am an alcoholic

Spiritual Life Coach Mike: bless your beautiful heart Linda

Spiritual Life Coach Mike: bless you

Spiritual Life Coach Mike: do you want to continue drinking?

Linda: No but I can't stop every day I say that this is it but every day I drink more

Spiritual Life Coach Mike: bless you

Spiritual Life Coach Mike: have you thought about AA?

Linda: Yes I went but everyone in there was 60 I am only 27 I felt out of place

Spiritual Life Coach Mike: I here you, well you have the drinking thing in common?

Spiritual Life Coach Mike: some of those people can really help you by giving you the extra support

Linda: I quit smoking by myself, so I thought drinking would be easy, but it is so much harder. It is a part of my life, my friends, my family

Spiritual Life Coach Mike: Linda, I understand you literally, because I have been in that same place at one point in my life.

Spiritual Life Coach Mike: so I really get where you are coming from.

Spiritual Life Coach Mike: this may not sound easy, but sometimes it's breaking from friends, and family to take care of you.

Linda: I know, but how do I tell people that I have know all my life that I don't want to be around them anymore? I mean I love James and he drinks my brother is the greatest and he drinks may

Linda: mom and dad do all my friends do how I do reject all them? I feel like I am alone?

Spiritual Life Coach Mike: I hear you, I really here you Linda.

Spiritual Life Coach Mike: And I see you are looking at this as though it would be rejection, but maybe, just maybe this would be accepting yourself, and loving yourself, and taking care of yourself

Linda: Can I ask you a question mike?

Spiritual Life Coach Mike: sure, that's what I'm here for, ask anything, anything at all.

Linda: Have you ever felt that you were not there that everyone didn't notice you, that you were in the background

Spiritual Life Coach Mike: yes, I have felt like that Linda, I have felt like that.

Linda: So I start to drink because I felt that way and then I had friends now everyone thinks "threes Linda, she'll be drunk tonight" and then how do you change that

Spiritual Life Coach Mike: I hear you. it sounds like or I'm hearing you are making the decision to drink for "them" You can choose to make the decision to not drink for "you" because if

Spiritual Life Coach Mike: I'm hearing you correctly, you are not very happy about doing it, well maybe for a little bit but not over all, is this accurate?

Linda: Yes I don't like to be the person I am now, I am the one who is drunk all the time. How do I go from that to the sober one without losing all my friends and hearing the jokes

Spiritual Life Coach Mike: What is a friend mean to you Linda?

Linda: Someone that will be side me no matter what

Spiritual Life Coach Mike: how about wanting the very best for you as well?

Linda: I know that if I go sober and I do all the things my friends will still

talk to me and we will hang out every now and then, but it won't be the same

Spiritual Life Coach Mike: I hear you, and I agree it won't be the same

Spiritual Life Coach Mike: how will it be then?

Linda: Don't know and that is what I am afraid of

Spiritual Life Coach Mike: I hear you.

Spiritual Life Coach Mike: maybe you will make new friends who just don't drink

Linda: I know I will but I really don't want my friends who do drink to feel like I think that I am better than them because I don't. These have been my friends for at least 10 years if not more

Spiritual Life Coach Mike: I hear you, and they very well may think that, and what if they do, then what?

Linda: Then I'll drink because these are the people that have been with me through everything, I want these people in my life

Spiritual Life Coach Mike: I really here that Linda

Spiritual Life Coach Mike: what I'm sensing is that you are a people pleaser, is this accurate?

Linda: Yes, I never fight and I never argue I just go along with it

Spiritual Life Coach Mike: and if I'm hearing you correctly, you are willing to give up your happiness and your joy to do what they want you to do, so they will like you and approve of you, is this accurate?

Linda: No but that what it sounds like good point. I guess that I am just afraid

Spiritual Life Coach Mike: I hear that you are afraid Linda, and it's ok to be afraid, you are not alone in this it is a feeling, we all feel afraid

Spiritual Life Coach Mike: I want you to be happy and joyful.

Linda: Yes, but I can't be happy because I will probably be in jail the next month for at least 90 days

Spiritual Life Coach Mike: for something you didn't do?

Linda: No DUI 3rd

Spiritual Life Coach Mike: I thought you said you took that DUI for your boyfriend?

Linda: Yes but I haven't gone to court yet

Spiritual Life Coach Mike: I see.

Spiritual Life Coach Mike: so you are willing to give up your happiness and go to jail for him, is this accurate?

Linda: Yes and no, my lawyer told me that I will go to jail for 72 hrs at least, I saved his bar I am a dumb ass when you put it that way, but at least he paid for my lawyer

Spiritual Life Coach Mike: I hear you, and I want to encourage you to be gentle with yourself, I do not believe that you are a dumb ass, I know you are doing the very best you can. Be gentle with yourself, I'm just here to assist you in seeing what is happening, does this make sense?

Linda: yes

Linda: So you are a spiritual life coach, how can you help me spiritually?

Spiritual Life Coach Mike: that is a great question Linda. Part of the way I work in doing that is by helping people see what is really happening and how they can take power in their lives.

Spiritual Life Coach Mike: It is a process that unfolds as it goes along, does this make sense?

Linda: Yes

Spiritual Life Coach Mike: I want what is best for you. I want you to have what you want to have, which you said is joy and happiness. My work is to help you get there.

Spiritual Life Coach Mike: it's an inside job.

Spiritual Life Coach Mike: However, people are often focused on outside things, people, to make them happy and joyful, with spirit it is all inside of you. You are a spiritual being having a human experience.

Spiritual Life Coach Mike: does this make sense?

Linda: Yes

Spiritual Life Coach Mike: what is present for you now?

Linda: I guess there is a struggle in my head and in my heart

Spiritual Life Coach Mike: yes, I hear that loud and clearly

Spiritual Life Coach Mike: what is that struggle Linda?

Spiritual Life Coach Mike: in your head and heart?

Linda: In my head I want to please everyone in my heart I want to be happy with who I am

Spiritual Life Coach Mike: Linda, you put that so beautifully, that is the essence of what is happening with you, inside of you, spiritually speaking,

do you see that?

Linda: I know that on Sundays when I am too hung-over to go to mass I feel bad and I just hope that I can bring out what I want inside

Spiritual Life Coach Mike: I hear you, and you are doing that, your head is saying "please everyone" and your heart is saying "I want to be happy with who I am" that is powerful, very powerful statement Linda.

Linda: Do you think that there is a happy medium or a balance that I can find in there?

Spiritual Life Coach Mike: what do you think?

Linda: No it's drinking a lot or nothing at all

Spiritual Life Coach Mike: I hear you, so if I'm hearing you correctly you're saying that you can't please everyone and be happy with yourself, right?

Linda: The problem is that the only way I can be happy with myself is I piss everyone off (sorry for the language)

Spiritual Life Coach Mike: wow, that's interesting, so you get to be happy, and everyone else is pissed off, very interesting...

Spiritual Life Coach Mike: whets the other side of this?

Linda: OK if I stop drinking I will have no friends, if I keep drinking I will probably die

Linda: I think I'll go with no friends

Spiritual Life Coach Mike: I hear that, and I honor your choice, and is that really true, that you will not have any friends?

Linda: I will just not as close as we are now

Spiritual Life Coach Mike: maybe you will make new friends who just don't drink...

Linda: Not the same as my other ones

Spiritual Life Coach Mike: and you can still be friendly with your old friends, but you don't have to spend all your time with them.

Linda: I have known most of them since 1st grade or high school I a little too old to make new best friends

Spiritual Life Coach Mike: I hear you. I can assure you that there are plenty of people who you can be very good friends with, I know this for sure.

Spiritual Life Coach Mike: you may not know it yet, but I know it.

Linda: OK I am really I just don't know I am just typing what I feel and I don't know

Spiritual Life Coach Mike: yes, that's ok, just type what you feel, it is fine the way you are doing it

Spiritual Life Coach Mike: you are doing wonderfully Linda.

Spiritual Life Coach Mike: You are making some amazing progress right here, I can feel it and sense it and I see it for you.

Spiritual Life Coach Mike: just type what you feel Linda. It's ok.

Linda: OK I feel sad and frustrated and confused and mad and then again I feel happy and hopeful

Spiritual Life Coach Mike: yes, yes yes

Spiritual Life Coach Mike: beautiful, that is all beautiful

Spiritual Life Coach Mike: just let yourself feel whatever comes up for you.

Spiritual Life Coach Mike: give that a voice

Spiritual Life Coach Mike: bless you

Linda: I am so disappointed in myself I had higher expectations in high school and I am mad I gave up on myself and let me slip into the mess I am in right now

Spiritual Life Coach Mike: bless your beautiful heart

Linda: I want to make myself better, I want to get married and have kids like all of my friends but I am so far away from that

Spiritual Life Coach Mike: I hear you Linda

Spiritual Life Coach Mike: bless you

Spiritual Life Coach Mike: get it out, let it out

Linda: Just frustrated and mad that I let myself get this way and I hate it and I am so pissed off. Sorry that I am going off on a rant but I just haven't said this or felt this to anyone and just typing my feeling feels great

Spiritual Life Coach Mike: it is good to let it out

Spiritual Life Coach Mike: yes, yes yes

Spiritual Life Coach Mike: give all those feelings a voice

Linda: I kind of feel a lot better right now

Spiritual Life Coach Mike: yes, it's amazing isn't it?

Linda: Yes

Spiritual Life Coach Mike: you can do this with yourself too, by keeping a

journal

Linda: Just write it down and rant to myself?

Spiritual Life Coach Mike: yes, well, let me give you some guidance here.

Spiritual Life Coach Mike: if you are going to be saying negative things and venting in that way, then get some blank paper and let it all fly, say anything. Then when you are done, burn the paper immediately.

Spiritual Life Coach Mike: don't re-read it, just burn it and let it go, it is very, very releasing, you will feel free.

Spiritual Life Coach Mike: now, when you write about things that are uplifting to you and realizations you have about yourself, like the heart and mind thing you said, then you want to keep those gems and put that in your journal to keep.

Spiritual Life Coach Mike: does this make sense?

Linda: Yes I think that is a great idea to burn things, a symbol that the ash is there but the body of whatever is gone. I if like something you can blow away, the ash

Spiritual Life Coach Mike: yes, that's it exactly.

Spiritual Life Coach Mike: it is like self forgiveness and release. You write all that stuff down to get it out of your body, do you see how you did that here?

Spiritual Life Coach Mike: then you feel an empty space because you released something. You see?

Spiritual Life Coach Mike: and then you can fill that space with something positive and loving now.

Linda: I so, I feel now that there is some pressure off me something is different

Spiritual Life Coach Mike: yes, yes, that's it.

Spiritual Life Coach Mike: I encourage you to now put something in that place to replace what you let out. You can put something good and wonderful there, what do you want to put in there?

Linda: I don't know what do you mean people places things movies?

Spiritual Life Coach Mike: I mean like something that feels good to you like the sun, or flowers, or something that makes you feel wonderful inside, you can put that in there.

Linda: I love Christmas Eve when all my family and friends come over and we eat a huge Polish meal and watch National Lampoons Christmas Vacation

Spiritual Life Coach Mike: beautiful, what is the essence of that feeling?

Linda: Comfort and joy and relaxation

Spiritual Life Coach Mike: so, you can put the essence of that feeling, the comfort, the joy, and the relaxation into your body now, imagine that it is going inside of you and filling you up, its filling up your

Linda: OK I'm crying now

Spiritual Life Coach Mike: heart, your lungs, your head, your arms and legs,,,,,,,,,,,,, your toes and your fingers, and even the hairs on your head, let that joyful feeling fill you up and drink it in, take

Spiritual Life Coach Mike: it all in, breath it in, keep taking it in, more, and more, and more and more, you deserve every bit of it, all that joy filling your soul, your body, your mind, your heart, oh, it

Spiritual Life Coach Mike: feels so wonderful, can you feel it Linda, can you feel that wonderful joy that is YOU?

Spiritual Life Coach Mike: that joy is who you really are, that Joy is YOU!!!

Linda: I understand and see you now. I change my life for me

Spiritual Life Coach Mike: yes, yes, yes, you say yes to YOU for you, it is a good thing Linda.

Linda: Yes

Spiritual Life Coach Mike: it is such a good and loving thing to do for you.

Spiritual Life Coach Mike: bless you

Spiritual Life Coach Mike: bless your beautiful heart sister

Linda: Sorry I thought what you said was great and then I cried a lot

Spiritual Life Coach Mike: beautiful let yourself cry sister, let yourself cry, it is a wonderful thing.

Linda: You said how I felt

Spiritual Life Coach Mike: yes, I have felt that feeling myself, that's why I was saying it, I know it too.

Linda: I have just changed myself I feel like a new person and I am again just typing but I feel that you have helped me so much mike on a path to a

better person

Spiritual Life Coach Mike: it was an honor to be of service to you Linda, it was an honor

Linda: If I need you again can I contact you?

Spiritual Life Coach Mike: yes, you can absolutely you can. I am usually here every day.

Linda: Thank you mike

Spiritual Life Coach Mike: you are welcome Linda

Mike Brown is Your Personal Spiritual Life Coach. He specializes in Life Coaching, Spiritual Counseling, Intuitive Guidance, Spiritual Healing, Spiritual Growth, and Advanced Manifesting to assist You in Breaking Through mental and emotional challenges and Moving Forward towards getting what You really want in your Life, Business, and Relationships. He is a practitioner at QuietStar Center for Transformation . Visit Mike's website to get more Life Coaching Tips at www.ChangeYourLifeCoaching.com