



life after divorce
COACHING
with Doreen Yaffa and Jeff Wilson

Ep. 132 - Thoughts



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Jeff 00:00

Hello, everybody out there. Welcome to Episode 132, as well as our part two sit in our series about the model, we spoke on Circumstances. Today we're going to be speaking about your Thoughts. So if you're ready, let's get started.

Doreen 00:19

Hey, Jeff.

Jeff 00:20

Hey, Doreen, how are you?

Doreen 00:21

Great, I'm great.

Jeff 00:23

Is that a factor, is that a thought? That you're doing great.

Doreen 00:27

That's a thought, because some may not think I'm great today.

Jeff 00:30

Well, I think you're looking great.

Doreen 00:33

I don't know about that.

Jeff 00:33

But that's my thoughts. So today, we're gonna be talking about our thoughts, and how individualistic they are, and how different they can be, no matter what the circumstances are, and how they can affect the results in your life.

Doreen 00:51

Yeah, so this is a five-part series. Last episode, we spoke about the first part of the model, which is one of the main coaching tools that we use, which was the circumstance line. And you can go back and listen to

that, if you're listening to this episode for the first time, we recommend that you start with episode what was it? 131 first, and then carry over to this one. And then of course, continue for the next three, which we'll be also recording.

Jeff 01:25

And for those that don't want to do that, I'll do a little recap that our circumstances are facts in our lives, that are undeniable, can be proved in a court of law, that no matter who you are, no matter where you're at, no matter what color your skin is, it's a fact.

Doreen 01:42

Correct. So again, we have a circumstance that leads us to a thought, that leads to a feeling, that leads then to an action or an inaction. And that shows up as the results you have in your life. So today, we're on the thought line.

Jeff 02:01

Exactly.

Doreen 02:01

Thoughts, I think, are probably one of the most crucial parts of each these.

Jeff 02:08

I agree, that's vital.

Doreen 02:10

The thoughts are going to create the results you have or don't have in your life. Right? We touched on that, of course many times throughout our episodes and in our teachings, right?

Jeff 02:22

Well, I think that the reason that they're so important is we go through our day. Again, we've said it before with almost 60,000 thoughts in a day. But how many of those thoughts contribute to how we enjoy our life? How many of them? How do we enjoy our life? Do we go through our day miserable? Are we happy? Are we satisfied? Are we in love? Are we in? We're at hating people, you know, we're in a society right now, that is kind of all volatile. It's very volatile. Right now..

Doreen 02:59

It's very easy to go to the negative.

Jeff 03:01

It's very easy and very normal.

Doreen 03:02

All you have to do is turn on the TV or scroll through your social media and yeah, news channels and all that to see that there's a lot of negativity out there. Right?

Jeff 03:13

And does it serve you? Does it serve what you really want in your life? Maybe you're the type of person that enjoys being miserable. I mean, that could be people out there that hey, I like being a mean person. You know, and maybe as strange as it is, but our world is crazy right now.

Doreen 03:33

I mean, but that's a thought as well, this world is crazy, because, you know, we can find thoughts. Let's just go back. Let's start from the beginning. Right? So a thought is the statement in your mind about a circumstance. So the circumstances we addressed last episode is a fact. So we talked about the divorce.

Divorce is a fact. Whether you're going through a divorce, and it was filed, which is a fact, or you got divorced, that's a fact. Right?

Jeff 04:03

Exactly. So then how you feel about that divorce are, is all from your thoughts. You know, some people may go be glad they're going through a divorce, and some people might be sad. They're going through divorce.

Doreen 04:16

I think we're a perfect example of that. We talked about that before as well.

Jeff 04:20

Yeah.

Doreen 04:20

So basically, we both are, yeah, we both were married and divorced before once.

Jeff 04:26

Right.

Doreen 04:26

And I had a much better divorce than you did. But my divorce was better and the aftermath of co-parenting together was better. But your thoughts about the divorce were happy thoughts.

Jeff 04:45

Yes. I was gonna say it wasn't that it was better. I think that the process may have been smoother.

Doreen 04:53

Yes.

Jeff 04:54

In your case, but I think I was very happy getting out of the marriage and moving on with my life. Because as you said, I had completed that part of my life and I was ready for a better future, a much happier life.

Doreen 05:07

So you were happy about that divorce, generally.

Jeff 05:10

I was no, not generally. I was very, very happy. And you know, what am I in look at life today. I mean, I met the love of my life, I met the most beautiful woman I've ever met. And I married her. And if that divorce didn't happen, you would have never happened.

Doreen 05:27

Well, and my thoughts about my divorce, if I had to sum it up - we're sad, I was sad that we were getting divorced, I was sad that we had gotten to a part in our life, throughout our marriage, where it just wasn't working anymore. And even though we did, you know, respect each other, and thank goodness had the same thoughts about co-parenting together. You know, it was a sad time for me, I didn't want to get divorced, you know, I just thought, my thought was that it was better for all of us, the whole, the entire family. And he shared the same thoughts from my understanding, you know, that we were it was better to get divorced, and to just be, you know, friends and co-parents.

Jeff 06:12

And that's where we're at today.

Doreen 06:14

And that's where we are. So, you know, I asked listeners to really, the question is, what are your thoughts about the divorce?

Jeff 06:22

Yeah. And separating the thought, from the fact, understanding that how you feel about the divorce is your thoughts. And it is your choice, to feel that way to think that way. So it's not necessarily a fact. And I think that's where a lot of people misconstrue the thought process is my thoughts are a fact.

Doreen 06:49

Yeah, I know, we touched on this when we were talking last episode about circumstances. And it's very easy for most people to be convinced, in their own mind, that their thoughts are, in fact, facts.

Jeff 07:06

Yeah.

Doreen 07:07

You know, they'll they'll argue with us about that. Generally, when we're coaching, it takes it generally, I think, is probably one of the most challenging parts of when we're working with the clients is to get them to really recognize that their thoughts are optional. And their thoughts are the thoughts and not facts. I think that out of all of the things, the results I can understand, you know, the the the actions they kind of get, you know, because it's what you do, or don't do, you know, the feelings, it takes a little effort to recognize feelings, and to really comprehend what they are. It's super important. We'll talk about that next episode. But the thoughts are the most challenging, because they'll sit there and they'll try to convince us that "Oh, no, you don't know my ex".

Jeff 07:55

You don't understand.

Doreen 07:56

You don't know my ex, you know, you know, what I'm telling you about him is a fact.

Jeff 08:03

It's right. Yeah. But you know what the truth of the matter is, it is not a fact. And it is an option. Your thoughts are completely totally up to you. It's so empowering.

Doreen 08:19

Well it is empowering. But I think we have to first help our listeners to understand what a thought really is.

Jeff 08:26

Okay.

Doreen 08:27

Okay. So I don't know. Let's start there.

Jeff 08:32

Well, a thought is a sentence that comes into your mind, right? As soon as you think about the circumstance.

Doreen 08:39

Correct.

Jeff 08:40

So if you think about your job, your career, and your thought is, I'm stuck in this mess. You know, I need the money. There's nothing better else I can do. So I'm stuck in a job that I hate. Okay. And that's, that's your fact. Well, really, is it? Are you really stuck? Or is that just the thought that you had from your circumstance?

Doreen 09:06

Well, it's absolutely your thought, because another person could have the same job and love it.

Jeff 09:11

Exactly.

Doreen 09:11

And if we want to take that as an example, if you have coworkers with you, and you're thinking as an example that your job is, I'm not going to use the word but horrible.

Jeff 09:22

Yeah.

Doreen 09:23

Then, you know, why is it that your coworker thinks it's amazing comes to work every day with a smile,

Jeff 09:29

Or somebody would love to take your place.

Doreen 09:32

Yeah. And you know, I'm going to get a little deep on this because whenever someone tries to change.. Many times, people try to try to change their thoughts, because we're going to work with our clients on that as well, is how can we gently start to shift our thoughts to more neutral thoughts and then to better thoughts that are going to serve the results we want is to not leave your circumstance, which is the fact, in this case, your job is a fact, that you have right now, until you find peace with it. So that's gets into some other teachings. But if you're, in our example miserable about your job, not liking your job, that's stemming from your thought, and we want to suggest that you want to shift your thoughts about your job. And if you choose to leave your job to leave from a place of, I'm okay with this job, I even like this job and then make the decision to leave. But that gets into some deeper coaching work.

Jeff 10:32

That takes time to have that much mastery of your thoughts. And I think one thing that we try to do in coaching is established the results that you want, and kind of work our way backwards.

Doreen 10:49

To the thoughts especially because when we work these models with you, we will always show you that the results are having stem from your thoughts, right? So for example, if you love your job, or even if you just like your job, okay, we don't have to go to love. But if you like your job, then what are your thoughts about your job? Right? Because it's always going to parallel with each it's always going to, you know, I making a little bit of a, you can't see me, of course. But I'm showing, I'm connecting down to your results. And so the question is with our example, do you want to go to your job every day, disliking your job? Probably not. Or do you want to go to your job like liking it? At least?

Jeff 11:39

It's like we talked about in our happiness episode, where we say, are you struggling to achieve happiness? Are you happily achieving?

Doreen 11:48

Correct.

Jeff 11:48

So if you find that you're happily achieving, a lot of doors and opportunities seem to open up to you, when you feel that way. When you have those kinds of feelings, and you have those kinds of emotions. Things change for the better for you because of just your attitude and your thoughts.

Doreen 12:07

Well, let's bring it around to an example. So let's say I'm your client, Jeff. And I have a thought that my job is miserable. I hate my job.

Jeff 12:15

Okay.

Doreen 12:15

Okay. Which you would tell me what?

Jeff 12:18

Well, when you have that kind of thought, well how does that make you feel?

Doreen 12:23

Um, it makes me feel stressed. It makes me feel angry.

Jeff 12:27

Okay. And, okay, you're stressed and you're angry? What kind of actions take place when you're stressed? What kind of actions do you, what do you do when you're angry?

Doreen 12:36

Well, when I'm angry about my job, or I'm stressed about I'm probably not showing up on time. I'm not showing up in a happy state of mind.

Jeff 12:46

And what kind of day do you have at work when you're, when you show up in a negative state of mind?

Doreen 12:52

Not prepared? And not on time, I would venture to say that I'm probably going to be more stressed.

Jeff 13:02

What does your supervisor say when you turn up late?

Doreen 13:05

They're not happy with me. And I ended up disliking my job more.

Jeff 13:10

So those are your results that you're having from your thoughts. So you can see how your results kind of match your circumstance, you haven't changed that much. You're miserable in your job. That's, that's your thoughts. But you have a job, that your circumstance.

Doreen 13:31

So if you're using that example, how would you gently start to change your thoughts to thoughts that serve you?

Jeff 13:38

Well, what kind of day would you like to have when you go to work? You know, what would you like to experience?

Doreen 13:45

I would like my day..

Jeff 13:46

You had a perfect, perfect world. And you had the same career, same job, and you went to work, how would you really want that day to go?

Doreen 13:57

And this is coming from a coach, that a coaching session that we did so obviously, we're not naming the person that we were coaching but who was struggling with a job and if I recall correctly, the thought was that they wanted to have a job that they enjoyed.

Jeff 14:15

That's the result they wanted. They want to enjoy their job go through the day whistling while I work, I think.

Doreen 14:22

Why if I recall correctly, not to correct you, it wasn't even to whistle as they work. It was more just to be relatively content like to want to go there because you know, they had lots of thoughts about having to bring in money and they needed the job for that and all that they couldn't just leave. But you know, when we stripped it down the main thing is they wanted to be happy at work. They want to enjoy it.

Jeff 14:45

Well, when I backtrack to actions, I think he did say something along the lines of have a little bit more pep in my step, have a little bit more hustle in the muscle and kind of whistle while I work and get to work and a little bit of a happier mood and attitude.

Doreen 15:01

Right.

Jeff 15:01

So where do you ask from that? Well, what kind of thoughts would you have to have to have those feelings and emotions? To have a little pep in your step, hustle in your muscle? What kind of feelings would you have to have?

Doreen 15:16

Oh, feelings of contentment, feelings of wanting to be there? Pride. Pride is good. Pride for myself.

Jeff 15:23

Pride? We're proud of the work.

Doreen 15:28

Proud of the work I'm doing, you know, feelings that I want to show up. That I need to go.

Jeff 15:34

Yeah, the bare minimum would be a hey, at least I have a job. Could be a bare minimum.

Doreen 15:39

Wow. Isn't that an amazing thought? Think about all the people out there that don't have a job. You know, so just thinking the thought, I'm fortunate to have this job, I'm fortunate to be able to get a paycheck. I'm fortunate to be able to have benefits, I'm fortunate to be able to have the thought could be I like my coworkers, or I like some of my co-workers.

Jeff 16:01

A roof over my head.

Doreen 16:03

I like the thought of paying my bills.

Jeff 16:05

Sure. Yeah.

Doreen 16:06

You see how it just gently starts to shift to the positive is what the example we're trying to, to show.

Jeff 16:13

And all the examples you were just saying, you know, I'm lucky to have this and lucky to be able to pay my bills. What are those?

Doreen 16:20

Those are thoughts.

Jeff 16:20

Those are thoughts.

Doreen 16:21

Correct.

Jeff 16:22

So by working backwards, you started spitting out all these positive thoughts that now serve you that are going to get you the emotions that you want. At the end of the day, at the end of your job.

Doreen 16:35

How about we use an example about a thought about divorce?

Jeff 16:39

Okay, okay.

Doreen 16:41

So, again, I'll be the client. And you're the coach. And usually you start it with what?

Jeff 16:50

Well, what would you like to be coached on today?

Doreen 16:52

Oh, well, I don't know. I think I'd like to coach about my divorce.

Jeff 16:57

Okay. And what about your divorce?

Doreen 17:00

Well, not very happy with what happened. How it ended up?

Jeff 17:04

Okay. You want to expound on it a little bit?

Doreen 17:07

Yeah. I mean, I think I got the wrong end of the deal here. You know, I was hoping to get a lot more in support. Now, we have to sell the house. The children are living between two homes. I think they're upset. I mean, it's really caused a lot of disruption in our lives.

Jeff 17:25

And how does that make you feel, at the end of the day, what do you, how are you feeling about that?

Doreen 17:31

Oh, I'm feeling mostly stressed, I would say.

Jeff 17:36

Okay, so when you're feeling stressed.. What happens? What do you do? Or what don't you do?

Doreen 17:45

So I think, again, this is just an example, to our listeners. But I think what I mostly do is I withdraw, I kind of curl up into a ball do only what I need to do with the kids. You know, I'm not taking care of the house. I'm not taking care of myself. I'm definitely watching way too much TV. I'm not watching my diet, not exercising, I'm just kind of like in a blah state.

Jeff 18:10

Okay. And so, last state, not taking care of yourself kind of withdrawing from your kids and your family. What kind of results are you having with that? What is your life? What is your life look like right now?

Doreen 18:28

I think I'm stuck. I'm not making any progress. I'm, you know, the divorce happened. And I feel like I'm in a worse position today. I'm not doing any better. Like, the bank account is the same. The career is the same. The kids are not, you know, in a good place. It's just we're all kind of stuck.

Jeff 18:50

Well, now wave that magic wand and tell me what you would change.

Doreen 18:56

What would I change? Well, I would like to be in a better place. I would like to be enthused about the future.

Jeff 19:02

Well, explain that to me, how would, what would it look like if you were enthused about the future?

Doreen 19:06

Oh, I'd probably be moving on emotionally past the divorce, not focusing on it so much, and how I ended up with the raw end of the deal here or got a bad result, and you know, just taking action to be in a better place.

Jeff 19:28

Okay. And if you were in a better place, where would you be?

Doreen 19:33

I would be waking up and moving through my day. With purpose, you know, in other words, not just moping around, finding a million excuses. Not to do what I know I need to do.

Jeff 19:50

Okay, what kind of mother would you be?

Doreen 19:53

I'd be a better mom.

Jeff 19:54

Okay. What do you mean by being a better mom?

Doreen 19:58

I would be present, I'd be available. I would be with the kids.

Jeff 20:05

Okay, now those results sound really, really nice, don't they?

Doreen 20:08

They do.

Jeff 20:08

What actions? What do you have to do? To have those kinds of actions? What would you do on a daily basis?

Doreen 20:17

Well, I think, do you want me to pick one?

Jeff 20:18

Yeah.

Doreen 20:19

All right. So let's just say being more present with the children.

Jeff 20:22

Okay. And so when you're present with the children, what are you feeling? What do you feel? Connected?

Doreen 20:29

Love.

Jeff 20:30

Love.

Doreen 20:31

Bonding.

Jeff 20:32

Okay. Now from that, what from those feelings of bonded love and connection? What thoughts did you have to have? What thoughts should you have to create those feelings of being bonded with your children being connected with your children and of love?

Doreen 20:56

Well, I think the first thought I could have is, I have an opportunity now, to really spend one on one time with them. You know what I'm saying? Because now that the divorce is final, my time with them is my time with them. I don't have to share it with anyone else at this point. I can really focus in on being with them, and doing what we want to do.

Jeff 21:25

That's interesting. And could you have any of those thoughts about yourself? Not just about the kids, but maybe different thoughts that you might have about you?

Doreen 21:37

Um, I could, I could have the thought that I'm a good mother. Right? And if I have the thought that I'm a good mother, in spite of the divorce, right, because I think there's a lot of thoughts about that, you know, that I could have done something to save the marriage, and now my kids are dealing with the divorce, and they shouldn't have to be, but I could have the thoughts that, you know, I'm a good parent in spite of the divorce.

Jeff 22:08

Right, you're a great client.

Doreen 22:10

Thank you. But the point being, that, you know, that's just an example of, of a mock, like we do a mock trial, you know, what a coaching session might look like, stemming from, like one example that we just gave.

Jeff 22:30

And I do want to do a footnote here that when you're dealing with real thoughts, real feelings, real actions, and real results, real circumstances, and it's not a mock client, it tends to be a little bit more, a little bit more realistic, tends to be a little bit more emotional, it tends to be a little bit more aha moments that you really can say, I can do this, because based on my thoughts, based on the empowerment of my thoughts in their mind.

Doreen 23:07

So you know, for the listeners out there, what thoughts are you having that are creating the results you don't want in your life? That's the first question I would ask you to write that down, write down - C for circumstance, T for thought, F for feeling, A for action, or inaction, and R for result, just write it down, and put your thought into the thought line. And then work backwards, go ahead and put your circumstance in. What is causing, what is the fact in your life that is causing that thought. And all we want to do is work those two right now based on this second part of the series, and gently start to change your thought. Meaning, what can you think differently about that fact, right now we're using the circumstances of the divorce. And we use the circumstance of work, but what thought can you have that will gently start to change your feeling action result? And in our example, the thought was, I'm a good mom, I'm a good parent. The other thought was, I have time now to spend one on one time, just me and my children together, those gentle thoughts. You don't want to try to generally jump and it's rare that we can until we do more practice on this from some big thought like, oh my gosh, this was the most amazing thing my divorce. This is great. You're not gonna go there. It just gentle little neutral thoughts even.

Jeff 24:43

Yeah, big thoughts like that aren't sustainable.

Doreen 24:46

Well, and they're not realistic. And if you can have a thought that is real to you, then it doesn't work.

Jeff 24:51

That's not gonna last.

Doreen 24:53

So when we do this work and we narrow down on the thought you're having that it's causing the results you don't want. In our example, it was a parent who was not present. And you want to be present is a gentle shift to some thought, like I get to spend more time with my children now us one on one, it's a reality, right? It can be a reality. And so it's just that gentle thought.

Jeff 25:18

If it's something that you really want in your life, this is a result, I really, really, really want. Just ask yourself, does this thought serve..

Doreen 25:29

That result.

Jeff 25:30

That result that I really, really want? If you really, really want it, it will work, you will have that thought it will come to you. If it's something pie in the sky that yeah, I'd love to have this someday, you know, your thoughts aren't gonna be stable.

Doreen 25:44

What are you gonna say about someday? Someday I'll, someday live on that island. Someday, I'll do this.

Jeff 25:50

I'll do that.

Doreen 25:50

Or I'll do that. Right. This is I think one of the most challenging. As I said before, this is I think the most challenging part of the work that we do is shifting the thoughts.

Jeff 26:04

And as we work through this series, you know, next week, we're going to talk about feelings and emotions, you will find that we do talk about all of them together because they are intertwined. Yes, I think that thoughts is probably the most difficult because it kind of leads, the leads the show, but I think they all are intertwined.

Doreen 26:29

Oh, absolutely.

Jeff 26:30

So that's why we're constantly going back to circumstance going down to feelings, going over to mode actions, and talking about the results in our lives. But it all stems from today's topic, which is our thoughts.

Doreen 26:42

Correct, correct. And let's talk about the 12-week program that you're heading up?

Jeff 26:48

Yes.

Doreen 26:49

Tell us about it.

Jeff 26:49

It's the Thrive After Divorce program. And it's a 12-week course. So you're going to watch an awesome video. And then we're going to follow that up with to one on one coaching sessions about that video about that life altering thoughts and changes that we're going to have, whether it's about your emotions and feelings, whether it's about boundaries, could be about goal setting, acknowledgement, and being held accountable. Or there's a lot of topics that are really, really get you to have that aha moment, and really steer your life in the right directions.

Doreen 27:29

And we have worksheets as well.

Jeff 27:31

It comes with worksheets that you and I will dive into when you answer them. And then you can see from your answers, oh, you're right. I did have this thought.

Doreen 27:42

Correct.

Jeff 27:43

Sometimes in conversation, you might say something at one time, but mean something that's a little bit deeper that you put on paper.

Doreen 27:50

Yeah, so I thought it was, it was nice to explain that. So if someone's interested in learning more about the 12-week, Thrive After Divorce program..

Jeff 28:02

Well, they can go to our website and book a call with me, I would love to talk to anybody out there and everybody out there about how we do things and how we can really affect change in their lives.

Doreen 28:15

Correct.

Jeff 28:16

And then of course, the Thrive After Divorce program is on the website as well if they want to read about it as well. But of course, always do better in conversation. Book a call with me, I'd love to talk to you.

Doreen 28:30

Yeah, nothing to lose, right? Everything to gain. All right, everyone, and we'll be announcing some webinars coming up over the next number of months. So stay tuned for that as well, where you can join in and learn more about what we do and whether questionnaire you come in for as a client or you just get some, I think really valuable information from the webinar. Our goal is to really help people thrive after divorce and to create the life that you want. There is a better life. It's waiting for you. It's just around the corner, and we're here to help you get there.

Jeff 29:07

Until then!

Doreen 29:07

Have a great, amazing week.

Jeff 29:10

Have a great week. Bye bye!

Doreen 29:11

Bye!