

# FOR THE MARCH ISSUE OF TONE

**What if** you could look at your **anguish** in a whole different way?

Ever felt like you are on auto-pilot or worst that your mind just froze, that it is at a standstill and nothing seems to make sense anymore? The information is coming in all garbled and you feel disconnected as if in a dream, more like a nightmare.

When anguish and deep anxiety take over, you are totally disconnected from the current moment other than feeling immobilized and in panic. People experience it differently. Your body and mind go on auto-pilot firing off your usual responses in cases of stress. Those are neural synapses at work at its best. Your body and mind just use the circuits that have been used before to save you of stressful situations and in the past it worked....what is different this time?

Anguish does not appear overnight. It is the result of an accumulation of situations which created fears and anxieties that you chose not to look at or that you just did not know what to do with. Many approaches have worked quite well in the past for you perhaps. Such approaches as: "This will go away with time if I can just be patient", "what is the problem with this person!" or "If he/she wants war, we will have war". You notice something lingers this time. Is it guilt? Or is it lack of confidence? Memory of failure in similar situations in the past? Whatever it is, it has got you by the throat and you are feeling immobilized without warning, for a few minutes, a few hours or a few days. What is happening to me? Anguish.

Anguish is often ignored because after you are immobilized by it, it passes. If it re-occurs, then some people will seek help and if not, this usually brings about depression in people. An emotion that is not "ex-pressed", makes an "in-pression" on the individual in its body. If many emotions are left un-expressed, particularly those that are dis-aligned with your core values and guiding principles, it puts a lot of "in-pressure". Some express it in their body (dis-ease) and keep it in. Others vent with whoever crosses their path but do not engage in personal reflexion or conversation with the person concerned. They literally spray their pressure: anger and frustration, onto the universe. Either way the person is keeping him/herself safe of anyone interfering with their lack of insight into the matter, or resolution with the situation/person concerned. Either way the re-balancing on a deep internal level does not occur and the cycle continues....this is your automatic pilot. So where to go when you are immobilized by anguish if you did not see the warning signs? Anyone who has experienced true anguish knows how terrifying it is.

As simple as it may sound, be with it, be in the moment. Have the courage to look at what is. If you can't identify anything right now, be patient. Trust yourself, it is just you, you are meeting with. The anguish is there to tell you that life did not forget you. It is talking to you loud. Pay attention, do not fear. The stronger the anguish, the longer you have been ignoring something. It is likely that you have been living outside yourself for a

while or have been living outside yourself for a short while but with respect to a fundamental section of your life. Great learning is in front of you. Embrace this. Stay in the moment. Reach out to that tender part of yourself and hug her/him/it. Most people who live anguish are living quite productive lives and are very surprised at this event. Indeed, our society is so well organized to provide an illusion of balance as per “Societal Standards”. And you might be surprised if you got out of your immediate circle of friends and society how much those Societal Standards differ, boldly or subtly for each of us.

What is “living in the moment” then when you are in anguish? This is such a commonly used concept right now, that many wonder what it really means. Simply it is what is now, not before now, and not in a few minutes or tomorrow. To help you with this concept, imagine if you were to put all of your thoughts, concerns, worries, anticipations etc, in a bag and leaving it there, knowing you will pick it up later. Yes don’t worry they will all be there when you come back. Notice that all of these do not have anything to do with NOW. Because NOW you are reading this article and that is the only thing really happening in the NOW. So engross yourself in this article, notice the emotions, thoughts that this article brings up and let them go as they come to your consciousness. Do not hold on to them. That is the NOW. The thoughts and emotions of one minute ago is just that, good or bad let it go. Now that is power don’t you think?

So let’s go back to anguish. Imagine you are immobilized by anguish. Notice what happens...fear? O.k. then notice what fear feels like. That is fear, let it go now.

What else comes up? Note all the emotions, feel them one by one and let it go. Eventually, clarity will come as to what has brought up anguish. Do you notice that your breathing has changed? If you are doing the noticing of the thoughts and the emotions and the letting go, you will notice that your breathing is calmer, deeper, your chest and shoulders are more relaxed.

In coaching I often start with this kind of consciousness raising exercise in a time where the client is not in a crisis, so they get used to this tool. Do you notice also that a smile has come over your face, a smile in your eyes, a smile in your body, a smile that you recognize? That is You touching You (inside) for the first time in a long time perhaps. Get acquainted. And yes if you want now, pick up the bag you had left and look at the content, is it still relevant?

That is a new Mindset. You have the choice of connecting with You from the inside-out at any time, all the time and live this way. Be the kind observer of your humanity and truly see yourself. Stop looking into your life, SEE yourself, see your life with more honesty...suddenly life will start happening out of WHO YOU ARE, not out of what YOU WILL to BE and don’t be afraid, who you are is bigger, more magnificent, more creative, more giving, more loving than you will ever will to be.

Lysanne Brault  
Leadership and Life Transition Coach

Lysanne Brault coaches executives, leaders may it be in their personal life or professional life, teams and is dedicated to finding with her clients the light inside each of us to manifest their magnificence.

[www.lbcoachingvision.com](http://www.lbcoachingvision.com). She can be reached at [lbrault@lbcoachingvision.com](mailto:lbrault@lbcoachingvision.com) or 613-748-3580 for one-on-one coaching or coaching in your organisation.

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