

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 3

Confidence



Transcript Lesson 3:
Helplessness vs
Not-Knowing



Change Your Home, Change Your Life!

M3 LESSON 3 Transcript: Helplessness vs Not-Knowing

Welcome dear ladies to this last lesson of Module 3: Confidence.

Today we are going to look at savviness, how you can be savvy when you don't know how to do something because that is usually where confidence gets a bit more tricky. But when you develop confidence, then it can really help you to be savvy and to distinguish between not knowing something and feeling helpless about it.

Let me start with a personal example:

I remember it was years ago, it was during a training, and the instructor was discussing with another participant some tech issues. I didn't understand a word of what they were saying and automatically, without even realising it in that moment, automatically, what got triggered were all my past experiences with math class were triggered. The narrative with math for me was and still a little bit is: I don't understand anything, so I am doomed. Nothing more to do, end of story. I'm exaggerating a little bit, but not really.

What happened then in that situation, in that training, was a huge eye-opener for me: as the conversation between those two tech wizards continued, one suggested to implement some new feature. The other said: "I don't know how to do that." Again, everything inside of me nodded fervently - "YES! I don't know how to do that either!" So automatically: that's it, that's finished, end of story, it's impossible.

But then she continued and said: "But you could teach me."

I still remember how shocked I felt. It was like suddenly someone had pulled from that deep-rooted belief system that I had always taken for the truth and exposed it to the sunlight: if I don't know how to do something technical, then it ends here. That was my narrative, that was my belief system.

For me this was about technical stuff (to a certain degree it still is :), but we all have some area where we avoid going because we have a narrative of helplessness in that area. It may be about cooking, it may be about technology, it may be about having meaningful conversations, it can be about anything. And you probably know yours!

Confidence means that you do not equate not-knowing with helplessness. And before I go any further, this is a process, and I am as much work in progress as everyone. But I can see with the tech example that I'm more ready to go there. Even if I don't know how to do it, even if I need to rely on help, even if I want to rely on help, still I'm not avoiding it, or by far not as much, as I would do before.

The fact is: if you don't know something, you can still do something about it.

You can learn it.

You can delegate it.

You can change it, transform it so that it becomes do-able.

You can ask for help.

M3 LESSON 3 Transcript: Helplessness vs Not-Knowing

No one knows everything. But the quality with which people deal with what they don't know is vastly different.

I invite you to look at your notes from the guided meditation on Day 1. Was there something happening in your ideal life that you are not doing currently because you don't know how?

And if you didn't see anything specific, can you think about something that would really be a good idea for you? Really be a good idea for you to do, to learn, to experiment, to explore, but you don't do it, because you don't know how?

Maybe it's a new job – you don't know how to get out of your current work situation. Maybe it's living in a new place – but you don't even know how to start organising all that.

Maybe you were playing an instrument, but you don't know how to read music, or you were cooking a fabulous meal, and currently you don't even know how to microwave pasta.

Or maybe you saw yourself in a wonderful house on a lake, and right now you are knee-deep in debt and have no idea how to pay your next meal.

What you need to understand is that whilst the situation you are in right now is real – you do not know how to do something – your confidence of what to do about it, is something you can develop, by now you got that, right?

Here's our exercise for today:

Find something in your home that you didn't deal with because you didn't know how to or because you find it scary:

It can be something as simple as putting in a new light bulb – if you think that is simple, you wouldn't believe what really basic technical or technological things are outside of my comfort zone. how basic the things are which are way out of my comfort zone. Or you repair something. Or you catch that spider lurking in a corner. Only this morning I had to scratch a dead mouse out of the carpet next to my bed, courtesy of my cat.

Did I enjoy it? No. But knowing that I can do it gives me the confidence and the freedom to know that if something happens, well, I can deal with it.

You don't have to like things. But when you do themt, you increase your confidence, and with confidence comes freedom.

It can be that difficult conversation with your partner or children or landlord or lodger about something that needs to happen in the house. Do something – not too big – that requires some courage, some overcoming resistance.



M3 LESSON 3 Transcript: Helplessness vs Not-Knowing

When you have done that (experienced something that you can do), take your worksheet and write down a part or a component of your ideal life that you are currently not living, because you feel helpless about how to get there.

In my ideal life, I (fill in what you would do). But I'm not living it currently because....(fill out the reason - I'm tempted to say the excuse)

(no money). No time. Husband doesn't want to; I'm too old, I'm too young, whatever)

And then complete the sentence on your worksheet:

Since I managed to (what you did in your home that required courage or savviness, screwing in a lightbulb or whatever it is you did), I can also (a step you can take to overcome the helplessness that hinders you stepping into that part of your ideal life)

And as always, do share in the group what you discovered about yourself and your home in this lesson!

Merci and Au Revoir!

