

Podcast Episode #041

## How to Powerfully Move From Crisis to Opportunity

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**Pamela:** Hi. Welcome to the LiftOff Project. This is Coach Pamela. I am here with you today unfiltered on the road, just talking to you about some things that have been on my mind. I'd like to share a lesson that I learned from my mom about a situation that we have been going through as a family. For those of you who are on my newsletter list, you know that I recently wrote about my brother-in-law passing away from stage 4 lung cancer. This has been a very traumatic event for our family. It was very sudden, his diagnosis and passing. It's been causing me to reevaluate some things in my own life.

This has been a very painful process. So painful, in fact, that I felt like I was going through a moment of crisis in my life. As you know, as a coach, words are important to me, precision in words. What words create are a philosophy that I always talk to my clients about and that I try to live myself. I have been having a conversation with my mother and explaining to her that I've been feeling so painful and just filled inside with a lot of really tough emotions. I felt like I was in crisis.

What my mother said to me, which was very much a light bulb moment, was that instead of looking at this and looking at myself as being in a crisis, that I should instead look at myself as being at a crossroads. Also, that I had a choice about how I responded to the painful feelings that were inside me about everything that had been going on. This was, as I said, a real light bulb moment for me. Because this idea that I had been creating by using the word of crisis was one thing. But I could choose a different word and that would shift my emotion. Obviously from a theoretical standpoint I understood that, but from an emotional standpoint, I'd gotten stuck.

This is what happens. I'm the coach but I live what I teach and live what I preach. Immediately, I decided to start thinking of myself as at a crossroads, which opened up



the power of choice and gave me a tool to respond differently to the painful feelings. My thoughts started to go down a path which caused me to start feeling bad, because feelings are created by thoughts. Then instead of feeling like, "Oh my gosh, I'm in a crisis," which puts me in a mode of no power, feeling victimized, I don't control the circumstances, I started to say "Wait, I'm at a crossroads. I get to choose. There are two paths and I get to choose which direction I want to go on this path."

The lesson of this is that we don't control the situations that life presents to us. We do, however, control our emotional reaction to it. Now, it's important to feel those emotions, the pain, the sadness, the overwhelm. However, we do get to choose whether or not we permit ourselves to be overwhelmed by them. Some techniques that I started to use when I had this epiphany moment, that you may also find to be helpful, is when I started to have those painful thoughts I would say to myself, "I'm at a crossroads." Then that thought gave me an opportunity to respond differently.

One of the things that I started saying to myself is, "No, I'm not going down that path." When that painful thought came into my mind, I just said, "No, not going down that path." That worked. You can say a statement that reflects a new belief that you want to program in your brain, because you were having thoughts, right? These thoughts are a way of programming our brain. Instead of having the painful thoughts like, "Oh my God, I'm so overwhelmed. I'm in such crisis," we can choose new thoughts, new statements that reflect something that we want to program instead like, "Life is good. I can relax," or if you have a favorite bible verse or an inspirational saying from poetry. Any of those types of things that can remind you of where you're headed and again, put you back into the space of choice.

Another thing that you can do is practice letting go. This is an opportunity that I've taken to practice letting go. You can remind yourself that you promised to let it go and that thinking about it is not letting go. This is one of the favorite ones that I use with myself. I start picking things up in my brain and it's like, "Wait a second, I said I was letting this go. If I'm thinking about it, that is not letting go. Put that thought down."

Again, these are my three techniques. One is saying, "No, I'm not going down that path. I'm at a crossroads, I get to choose. No, I'm not going down that path. I'm choosing a different path." The second is using a statement that reflects a new belief that you want to program like, "Life is good. I can relax," or some other bible verse or inspirational saying. The third is using this as an opportunity to practice letting go, reminding yourself that thinking about things is not letting go and that you can drop the thought.



All of those techniques can put you back in a space of power so that when you are dealing with these painful moments, even though we don't control the situations that life gives us, you can use it as a catalyst to move you forward and move you towards the life you want to create. See you next week.

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