



How to Know the Difference

Between Tough Love and Being Mean, Insensitive, Shaming and Bullish in Your Coaching

Tough love:

You feel good, you feel bad;
you have more energy.

Mean, Insensitive, Right, Shaming, Bullish:

You feel good, you feel bad; you have adrenaline (fake/pseudo energy) that you crash off of and may have sobering regret or you go into denial which you know you are in because you have negative feelings about your client, internal complaint, sense that they are bad and wrong).

- Sometimes you can't know the difference until after you give it.
- It's laden with mystery, but trust your moral compass.

You have to err on the side of taking risks with your clients. If you play it safe you are ripping them off. They won't be coming to you to stay in the comfort zone. Their ego will want the comfort (and you can give that to them too), but their soul wants the Truth. And the Truth can be extremely uncomfortable.

The Difference Between Being Right and Being Right On

- **Being Right:** is sympathy and maintaining separation;
Being Right On: is empathy and closing the gap, being one with, having compassion.
- **Being Right** will fill you with energy but will not engender connection;
Being Right On will bring you close with someone, they will trust you more, and you will have more energy.
- **Being Right** will bring up a client's resistance and possibly allow someone to remain stuck, wrongly using you as the excuse for doing that;
Being Right On: is highly transformational and engenders self-responsibility, self direction and drawing their own conclusions.