

A Huge Price to Pay!

A coach's job is to help a player and their team win. Whether we are talking about the game of life or the game of our professional lives, it is a worthy goal. Sometimes it means helping the person gain clarity about the goal or goals they are shooting for. The coach can also help the player identify his or her gifts and support them in developing those gifts to the level of mastery. Another opportunity is to help the person identify things that might be getting in the way of success. Once one of these things is identified, it is possible to get rid of it or find a way to work around it.

This article is going to focus on something that gets in the way for many people and comes with a huge price.

To get to where you want to go you can employ many thoughts and emotions that will support you in getting there, but you can also employ many thoughts and emotions that slow down the process or keep you from getting there all together. One of the secrets of success is to choose the right ones.

Most humans from time to time dabble with thoughts and feelings of hate, anger and resentment. I am not suggesting you should or shouldn't. I'm not saying it's good or bad, right or wrong, I am suggesting you take a look at what employing these thoughts and feelings might be doing for you or to you.

When you spend your time with hate, anger and resentment, it can change who you are. Maybe you start to become what others see you as being. You may begin to be less productive, less happy, more irritable and defensive. You can start to have trouble focusing on anything but the source of your hate, anger or resentment.

Human beings have so many emotions that they get to experience. Hate, anger and resentment are among the most powerful. They are also among the most self-destructive. It may seem like you are doing something to someone else when you harbor these emotions, but the truth is the person receiving the most damage is you.

Now don't be fooled, if you weren't getting anything out of it, you wouldn't hold on to these feelings. You may be getting great satisfaction from the belief that holding on to these feelings gives you the feeling of being right. Another benefit of holding on to these emotions is that it might protect you from being hurt in the future. Maybe it justifies your being miserable. These are some of the benefits you can receive for holding on to these emotions.

But, to get them you are paying a huge price!

Here is what we notice in relationships, with individuals, with management teams and with organization's boards ... People would rather be right than successful. That may seem ridiculous, but for many the need to be right is very powerful. Some people will hold on to hate, anger and resentment for a lifetime, oblivious of what it is doing to their

life. They may be limiting themselves. They may be living a life of misery, but they are right!

The benefit of being protected may seem like a good reason to hold on to hate, anger and resentment. If you never forget the pain that someone caused, you may never get into the situation where someone else might cause a similar pain. We are motivated to move toward pleasure or away from pain. The need to move away from pain is more powerful for most. When we live a life focused on the fear of experiencing some pain, we miss out on so much pleasure.

The third benefit I mentioned was that holding on to hate, anger and resentment gives you justification for being miserable. The truth is, you really don't need any justification for being miserable. It is your life! You can choose to be miserable or choose to be happy. There are lots of people who have reason to be miserable, who choose to be happy and there are lots of people who have reason to be happy who choose to be miserable. In both scenarios where you choose to be miserable, whether it is justified or not, you pay the price by being miserable! That is a price you pay, and so do the people who share your life.

When we hold on to hate, anger and resentment we play the role of the victim! In that role we are weak and pathetic. We are telling the world and the people in it that they control our happiness and sadness. We are at the whim of the people we encounter to define our lives.

We also have the chance to define our own lives! Here are two words that can help you move in that direction. Forgiveness and accountability!

When you forgive someone you are not letting them off the hook, you are letting you off the hook. You are the one paying the price. You can forgive them and you can forgive you for the role you played in things. You can forgive you for making it bigger than it might have been. You can forgive yourself for the hurt you caused yourself by holding on to it. When you forgive someone, they no longer have the power over you that they once had. You no longer need to play the role of the victim.

One of the most powerful things a coach can give to an individual or a team is the gift of accountability. When you or every person on your team understands they are accountable, they don't have to play the victim anymore. If we are faced with challenges, the solutions show up when we have taken accountability. If we are enjoying the benefits of playing the victim, there is no need for a solution.

Now that is a huge price to pay!