

Remembering

Ask Coach Deb

Take a sip of your coffee and put on your thinking cap; it's time for a quiz!

1. Name the 5 wealthiest people in the world.
2. Name the last 5 winners of the Academy Award for best actor and actress.
3. Name 5 people who have won the Nobel Peace Prize.

If you can't come up with the answers, you are not alone, as nobody remembers the headlines of yesterday. However, if I asked you to remember the 5 teachers or mentors who believed in you, the 5 friends who have helped you through a difficult time or 5 people who have made you feel special and appreciated – that's a lot easier isn't it?

The people who make the biggest difference in your life are not the ones with the most credentials, most money or most awards. They are the ones who have showed you they care. If you want to be remembered for being someone important and for having an impact on someone's life, start by simply making them feel appreciated. One way to accomplish this is to actively listen to them. Unless you have a life

Dear Coach,
My best friend has turned into a blood sucking leach! We have been friends for 10 years, hanging out together and as couples with our husbands. She has been my rock through many difficult times, for which I am truly grateful. I have returned the favor, but something is different this time. She has gone through a nasty divorce, which I was happy to support her through. However, that was over a year ago and since then, she won't leave me alone. She calls me at least once a day, with the sole purpose to complain – about her ex, her job, her life. She expects me



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to go out with her every weekend, as she "needs" me. I cherish our friendship and it makes me sad to see her

hurting, but I can no longer tolerate the constant complaining. Her negativity has become very draining on me. I don't want to let her down, but I have to do something as I have run out of gas.

Dear Out of Gas,
You sound like a caring person and a valued friend. It also sounds like as long as you keep on giving, your friend will keep on taking. It's time to change the rules, and for this I suggest a heart – to – heart talk with her. The idea of doing this is probably very scary to you, but you can eliminate your fear by making this conversation all about YOU.

Gently explain to her how you

coach, we rarely get the opportunity to just talk about ourselves: our goals, our dreams, our thoughts, our frustrations, our joys, our fears, our accomplishments. Think of how important you would feel if one of your friends took the time to ask you questions like:

1. What makes you happy / sad?
2. What opportunities would you like to focus on?
3. What is holding you back?

Just the fact that someone cares enough to ask such questions is a wonderful gift! So, why not start by "being" that friend / daughter / mother / sister / co-worker, and show them that you care enough about them to ask these questions and to really listen to their answers. You will feel good knowing that you have made a difference in their life, and they will remember you and be grateful for the gift you gave them. Try it!

are feeling. Tell her that because she means so much to you and that you have been there to help her, you are now feeling very drained due to the constant negative chatter and complaining. Show compassion for her situation, but ask her if you could suggest some new guidelines for your friendship.

Some suggestions may be to only allow 15 minutes per week of complaining – for each one of you. That's it, no more, or the other person has the right to cut you off. You may use the 15 minutes all at once, or, in different blocks of time, but never going past 15 minutes total for the week. This will draw attention to

how much time and energy is spent dwelling on negative, energy sucking situations. Literally setting a timer will add some light-heartedness to the situation.

You could also make a pact with your friend to share a minimum of 15 minutes per week sharing your joys, triumphs, accomplishments and to express gratitude for things in your life. At first, this may be a bit of work, but it will get much easier as time goes on. The positive momentum will quickly grow. Your friend will start to feel a shift in her thinking from focusing on the negative to focusing on the positive. Your friend will be happier and less clingy and

you will once again enjoy hanging out with her. Your heart will be warm, as you know you have made a positive difference in her life that she will always remember.

If you would like to know more about life coaching or if you have a question you would like answered in the next issue of WWW, email Coach Deb at myidea@wpgsun.com. I look forward to hearing from you

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