



FILLING THE ICK POT

YOU (*says my inner genie*) feel ick whenever you start investing more of yourself in your life or your work. Whenever you up the emotional ante. Whenever you expand the artistic stakes. The ick comes as memories, images, voices, indecision, anxiety, uncertainty, cringing, shame. It's a slimy pool of ick, and you avoid it.

That is how you get stuck.

The more you avoid, the more stuck you get. The more you try to power thru, the more exhausted you get. The *better you are at avoiding it*, the more you stand still ... *as if you were being held back.*

You are stuck.

Stuckness is like a rich, frozen pattern of emotion, memory, sensation. Frozen in a moment when you reached out with all your heart, yearning for connection -- and met shame, or disappointment or frustration or even 'success.' 'Good' or 'bad' - you met something that scared you and now that pattern is frozen and part of you is frozen in it.

You know you're stuck. You might rightly blame someone else for this – or you rightly blame yourself. But blaming just increases the stuckness, because when you blame you increase the disconnect between yourself and what you're feeling.

When you blame you're saying, "This isn't MINE" - but it is! However it got there, it's yours now. If you don't claim it, it remains stuck – and you can remain stuck *with* it if you want.

OR

When you *feel* the ick – grab it! When memories menace you – catch them!! These are deep, powerful untapped mine shafts to your richest, purest motivation. **They're the breadcrumbs that lead you to yourself.** The secret trail to you. To your desire. To your passion, your hope, your human expression.

You can spend your life inventing elaborate dances of avoidance. You can remain stuck in very creative ways.

OR ...

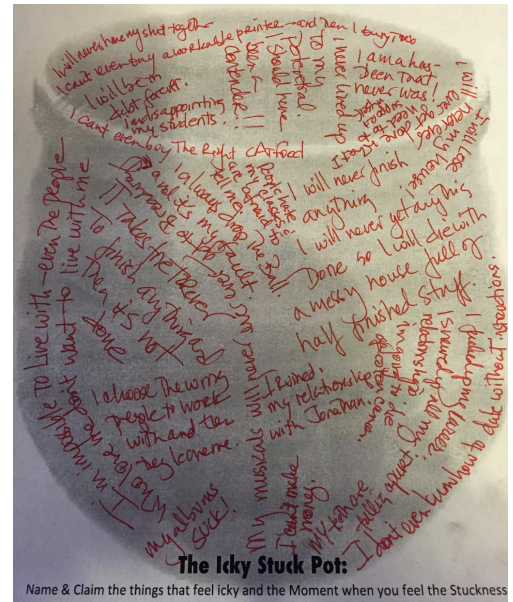
You can give voice and name to the call your heart is making through this 'ickiness' – you can walk towards it, and say "I hear you. You are icky. And I'm ready to listen and to feel you." Then write down what you feel and your earliest memories of feeling it, and the images and the voice.

That's how you own it. Once you claim ownership you can transform it. And transform *with* it. Nothing goes away. Its polarity simply shifts so that the energy that's kept you stuck shifts to action instead of avoidance.

And that makes all the difference.

Ick often rises when you true yourself, so collect it in the pot on the next page so you can transform it.

I personally like to print mine out and writing on it with red ink. Sometimes I call it the "Ick Pot" sometimes the "Demon Pot" – it doesn't matter what you call it, so long as you use it.





The Icky Stuck Pot:

Name & Claim the things that feel icky and the Moment when you feel the Stuckness



EEEEYOOUUU! WHAT DO I DO WITH IT???

Sometimes just by writing it in the pot, my cringy icky feeling relieves enough that I can take action, or I 'see' the real problem. If it's so bad that I can't move forward, my three favorite ways to transform it are:

1. **Where Have I Seen You Before?**

Just start writing about where & when you've felt this before, what images come to mind – and especially when was the *very first time* you experienced this particular ick.

2. **Ask an Inner Guide**

Sometimes posing a question to one of my inner guides is enough to get my coaching-mind working. For me it works better when I sit down and actually *write to one of them*. I have several, and I talk to them by name.

For example, I might write to Dook, an Australian Shepherd who generally sees things in terms of cattle, herding and farms: "Dook! I'm caught in some kind of invisible net! I can't tell what it is, but I can't move. Please come look at it. Tell me what to do!"

Then I let Dook write: "It's not a *net*, you dink. You're tangled up in your own lasso! You need to *re-coil* it after you use it. You're just running from one thing to another, so it's catching on everything and tripping you up. So STOP. Take a minute. Re-coil it. Then *walk* to the next thing. Got it? Ok, now here, sit down and I'll untie it and then just sloooowww down."

3. **What if Up**

I learned this from a coach named Jeanna Gabellini. She noticed our minds seem to naturally go to "What if ..?" when we feel scared or ick. Jeanna's "What if Up" game is all about taking "What if" in the opposite direction.

Here's an example of just part of a very long "What if Up" I created when I had to fire someone:

- What if this opens a door that both of us needed?
- What if she's so happy I let her go that she sends me a personal thank you letter.
- What if this episode makes it totally clear to her she doesn't WANT clients like me, so she creates an interview and assessment process that makes her one of the happiest, most successful VA's on the whole *planet* because she ONLY works with people who need what SHE's killer at & NOT the things she doesn't do well?
- What if this opens energy in my life that years of 'trying to make things work' has clogged up?
- What if this is the one step that confirms my membership in a new world of COMPLETING - ENDING and walking away from things that aren't working -- and not trying to *save* them?
- What if this is the smartest, most powerful, brilliant business move I've ever made in my life?

By the time I emailed to end the relationship I felt like I was truly doing her a favor (I was!) and we ended friends.