

Trigger Proof - live talk march - John King

Speaker 4: [00:00:00] feel deal. So, hey, listen, great to have everyone here.

Um, really appreciate you taking the time and we do value your time. And, um, Matthew and Michelle are partners with us, not only in the business we do and the self-help program, but in life. Yeah. They're great friends. We've been friends for a long time and we are really enjoying what we are doing together, which is f which is really important.

You can spend a lot of time doing life with people you don't like. Um, you know, and then you can choose to do life with people you do like, and it's a blessing. And so, um, new friends in Kingsley, good to have Rachel here. Janine and Ian have been great friends for a while and we're just loving this. And tonight we wanna speak about something that is near and dear to all of us at different points in time.

And that is, um, blowing up or not blowing up to blow or not to blow. That is the question. And so how do you stop the blowups that happen in life before they happen? Um, and that's really an important thing because on part of [00:01:00] your journey to recovery becomes self-awareness. And in self-awareness comes normally regret, regret at the things you've done or haven't done accordingly, and you get caught in a lot of patterns.

So we wanna unpack a little bit of that with you tonight, and Matthew and Michelle are gonna join us with that. And we welcome interaction with you. We'll have time for questions and answers in about 15 minutes. But so most blowups that happen, um, we imagine it starts in your mouth. Words come out, words cut people, words hurt people, but they actually start a lot earlier before that.

Um, it starts in your mind. It starts in your emotions. It starts in the things that you drag forward in life. It starts in a lot of things that could happen in any particular occasion in a day. Um, so bad blowups hurt, good people hurt. Good relationships hurt, good opportunities. Now, people who blow up aren't [00:02:00] bad people.

They're not wood weak people. They're people who love their families. They're good people who work hard. And normally if you're like this, you're sick and

tired of apologizing, you're apologizing for being you. You don't like the version of you that you are, and you are wanting to make a change within your life.

Speaker 3: So our talk tonight is called trigger proof Your Day, how to Stop the Blowups before they start. And so the, the big idea we wanna come across with is that most blowups don't, um, begin at the moment of explosion. They usually start much earlier in your body, in your nervous system, um, and over things that build up over a day.

Or it may be even a week sometimes. And by the time that we say that thing, like we blow up or we say that thing that we regret, um, or we slam the door or we shut down or we lose our temper, or whatever it is, that sequence has [00:03:00] usually been running for hours.

Speaker 5: Yeah, I mean, I would say a hundred percent. We just went to this like retreat thing and it was like a trip and a half and even before.

We went, I was literally fighting it for days. I was like, I don't know, I'm just gonna hang out with Ellen, my mentor. Like, I don't think I really want to go to this retreat. I'm good. Like I was fighting it for days before even landing. So, yeah, I mean, absolutely. I think it starts even before you get to something, even before you're doing something and it, and it comes from almost nowhere it feels like at times

Speaker 4: for sure.

Speaker 5: Um, so yeah, absolutely.

Speaker 4: So the first job, or the first realization in all of this is that you don't actually have to be perfect. Um, and the, but the first thing you have to do is you have to be observable. You've gotta be able to look at yourself in your life and your reaction. So a lot of people think their reactions come out of nowhere.

And that's the first [00:04:00] issue I wanna address. It's just not true. You don't just simultaneously just become a jerk. You've had lead lag time for that, and you've had things that build up. You've had things that are pushing this blow up, and there's usually a pattern. And for me, I can normally pick it because my inner voice is negative.

And I've come to recognize that once I start to get the cycle of inner talking happening in my mind and my vo, I can actually, whenever I feel myself

cycling that way, I, I make my mouth say what my mind is thinking. And, and what that does is it shows you the depth of despair, depression, or need that's coming out.

Because often we'll try and lock it in our mind and say, well, that doesn't matter because it's only in my head. But if we start to verbalize it, we go, well, man, I, I shouldn't be saying that. Why am I thinking that thought? Why? Why am I saying that? I wouldn't say that out loud, but here I am saying it out loud.

Because I'm trying to deny it when it's inside. So, [00:05:00] um, and sometimes when I start to hear these negative things, I'll address it, not just with words, but with my clothing. I might change a t-shirt. If I'm going to the gym, I'll change or be aware of the music that I'm going to listen to. I'll very much be aware of the food that I'm putting in my body.

Or I'll ask myself the question, what food did I have within the last 24 hours that could have precipitated this or helped this? And so, you know, what I normally do is I invert that if I'm finding myself putting on a black T-shirt, I'll put on a yellow T-shirt. If I'm finding myself wanting to reach for something that's, you know, high fructose, whatever it is, I'll make sure that I'm only gonna eat clean.

Um, now for some people, early warning signs are like a tight jaw, um, a tight chest. You find your breathing be shallow, your head racing, pacing, clenching hands.

Speaker 3: Hmm. For other people, the early signs are more in their mind. Like everything that happens, [00:06:00] um, that it is just normal life and work stuff.

Everything starts to feel personal. Um, everyone is slightly irritating to you. Um, or you start, you start rehearsing arguments in your head or you get suspicious or even, um, controlling. Um, and for some people it actually shows up in behavior. They will isolate themselves. They'll stop replying to their friend's, text messages, or they'll, you know, down some sugar or caffeine, like way more than they know is good or they talk too loud or they, um, disappear into themselves.

But once you learn your own signs, you can stop getting ambushed by them. Um, the earlier you can start to catch the sequence and recognize what's going on, then the less force it takes to interrupt it.

Speaker 4: Hmm. Very good.

Speaker 8: And I would say if you're not comfortable saying your thoughts out loud yet, because maybe you grew up in an environment where it wasn't safe [00:07:00] to speak out, start by writing down each day.

Yeah, that's good. If you get the thoughts out and onto paper, that's a, a really good place to start.

Speaker 5: And, and you gotta stalk yourself. I mean, as soon as you start getting lazy with your patients, with your food, with your communication with yourself, that's a telltale sign. All those things that you guys talked about is ultimately like, oh, I'm getting lazy with it.

I don't want to do, when you don't want to do the work anymore. I mean, you're here in Earth School, you're here to be human and do your dance. You know, it ain't gonna be, you know, rainbows and trench signs and unicorns all the time. And you gotta still find the joy in it. Uh, so you gotta stock, stock yourself, stock your thoughts, your actions.

Stay on it.

Speaker 4: Yeah. That's very good brother. And you do, you do have to stay on it because often we get to a point. We think we've arrived where it really is just a pause in our development. Yeah. And it's just, it's a place where we see, okay, I'm getting off at this one. Bus stop, man, [00:08:00] I've arrived. Well, you haven't, you've gotta get back on and keep going.

So there's a very simple thing that we came out called pause, um, pause, acknowledgement, unload, see, and execute. And we wanna take you through those. Pause, acknowledge, unload, see, execute, pause, acknowledge, unload, see, execute. And a pause is tactical. It's a tool to use. It's not something passive, it's something that you actively do.

So pause literally means to start with, pause your mouth, stop talking. If you're finding the, the rot of negativity, come stop talking. Don't defend. Um, don't try and explain and don't try and win. And that's the very first thing to do. Look, man, this is not, this is not going well. This conversation, this moment is not going well.

I've got this thought process is not going well. I just need to pause. So as soon as you start to recognize that something's going on, either as Michelle said, with the words you're writing, [00:09:00] the words, you're saying, okay, I'm gonna

take responsibility and stop. Second is acknowledging your body. And these two go together.

Because often times when you're starting to feel yourself build up and because of many of these things do build up, um, you're going to feel it. Your chest will get tight, your jaw will start to cramp down. You'll feel yourself trapped. You'll feel heat. Um, and so it's, you gotta be in touch with yourself.

Like, why am I feeling like this? So I've paused. Why am I reacting like that? That's always the next one because there's often a reason as to what led up to this. And the word trigger has been unfortunately, um, misused.

Speaker 7: Mm-hmm.

Speaker 4: Um, and it's been minimized because the reality is a trigger is a very strong emotional response to sometimes an innocuous thing.

And that's, that's really where the power is. Like, why am I feeling like that? And why am I doing that? And the third thing I've got here is unload a notch. [00:10:00] So, pause, acknowledge, unload. So when I feel like that, I'm going, oh, what's going on? I'm feeling tight, I'm feeling a bit panicky. I'm just kind of, the first thing I do is I breathe.

I unload a breath, I drop my shoulders. I, I put my feet on the ground outside. I step outside. I, I do something. I might go for a walk or have a talk, talk to Melissa, walk outside, ring my brother, whatever it is I've gotta do to try and stop that process happening.

Speaker 3: So now we're up to s and s means c. See what is real, because a lot of times when we're triggered and we're like just off the charts emotionally, um, we, we are not living present in the situation that we're in right now.

We're somewhere in the past we're, you know, out of our minds with worry about something that might happen in the future. And so see, see what is real. [00:11:00] So take note of where you are. Um, name the room, name the person who's standing in front of you. Bring yourself back to the present. Um, there was a doctor that John had once that taught him just to tap on his knee, uh, with his finger and, and to feel that, to, to feel that finger tapping and that grounded him in the present.

Um, so that's, um, c see where you are, see what's real, and then E means execute and you don't have to execute a list of five things. We want you to do

one next move, not 10 moves, just one. Um, and whatever that one thing is, I need 10 minutes before I continue this conversation or I'm, I'm too escalated to talk right now.

I need to take a walk. Um, I'm, I'm not ignoring you. I just need to regulate for a moment. Um, and so, uh, all of [00:12:00] these things can help you deescalate something before it becomes a huge explosion.

Speaker 5: And execution is gonna be key, guys. You're gonna get people where you're gonna set the boundary of wanting to take a moment.

And it's no fault of their own. They just don't have the patience for it. They want the answer now. They want to figure it out now they want the solution now. They don't like the um, uh, uh, conflict with you right now. So they want to solve it so that they can then move on because it's hard for them because then, right.

So we're all making it about ourselves in that moment. And so you need to stick your ground and execute and say, I hear you. I know that you wanna solve this right now. I just can't right now.

Speaker 4: Very good. Just

Speaker 5: gimme a moment. You know? So keep, you know, keep your calm with it, you know? 'cause they're not doing it.

Uh, I mean, some people are maybe doing it to get a rise outta you, but for the most part, [00:13:00] hopefully if you've made it through to that execution, they're, you know, they're just reacting the way that you are, but you've learned to react differently.

Speaker 4: And that's it. And that's really the key. It's that learn to react differently.

Speaker 8: Yeah.

Speaker 4: To it. So a, a rough day is actually signpost on a lesson to learn from. And so one of the key things that happened when we, we find ourselves in situations when we blow up is we compound it with shame and you have a bad day. Um, things get outta control. Then the second hit comes is I've done it again.

I never change. I ruin myself. I'm broken. And how you speak to yourself again is very important. And Melissa taught me this, um, is, you know, if I found myself being negative, she would say to me, don't you speak to my best friend like that. And that taught me to understand that one, I'm supposed to love myself.

Two, I'm supposed to measure myself [00:14:00] mercy, three grace, and then also forgiveness.

Speaker 2: Mm-hmm.

Speaker 4: And so they're very important things to do in the process. 'cause we're all up to this point and we're on this seminar tonight. We've had things happen in our life that have been, have caused us to make mistakes and to blow up.

And so I think this whole area of not allowing shame to dictate how you go forward is very important.

Speaker 3: How you speak to yourself, uh, after a blowout, a blow up, and, and what you take away from it and learn from it, um, keeps you from staying in that story that keeps you stuck.

Speaker 2: Yeah.

Speaker 3: Um, the story that keeps you stuck is I, you know, ruin everything.

I never change. I'll never get any better. Um, and so what we do here at the Phoenix Collective is we don't excuse bad behavior. We are the very first people to tell you to own it. Own what you did. Apologize. Say sorry. But we also don't worship shame [00:15:00] here. So after a rough day, we would advise you to do an after action review.

Um, and to say, okay, what can I learn from this situation? We're, we're gonna say, get out of the shame. Don't be stuck there and just ask what happened and what was happening in my body before it happened. Yeah. Like what signposts did I just run straight by? What things can I learn from that I will see next time?

Um, and what was loading up on me earlier in the day or even earlier in the week that I could have been paying attention to? Um, and also in the middle of the situation, either what helped, like what did I do that helped, or if nothing helped, then what would have helped.

Speaker 4: Would've helped. Yeah,

Speaker 3: that's great.

Yeah. Um, and so what can I do 10 minutes earlier next time? Um, and that's

Speaker 4: before I go to the appointment or before I go to the party,

Speaker 3: how do I get a plan together for [00:16:00] myself? Um, and so these are all questions you can ask after that will help a, a bad day or even just a bad moment, become a learning exercise.

Speaker 4: And I think one of the things people have a challenge with is you feel small because you feel you have to do this.

Speaker 3: Hmm.

Speaker 4: In fact, it's the opposite. You are actually showing maturity because you're preparing yourself Well, a real person, a normal person would not have to prep themselves before they go to the doctor.

Well, I do before I go to the dentist. I do. Um, you know, so what I don't, I don't think I'm immature. I think what's maturity is I'm taking responsibility for my actions and I'm making sure that I can walk through life in a balanced way.

Speaker 5: Well, not just that, I mean anyone that's an athlete, anyone that's good at what they do, preps for what?

Yeah.

Speaker 4: That's great.

Speaker 5: Now we might only think about it within the scope of a [00:17:00] higher echelon of concept, but it can be applied to any day-to-day routine. Mm-hmm. And then the other major thing that I really loved is that it's okay for you to say that was not okay. I, I didn't, I didn't do good there.

Speaker 3: I didn't handle that very well.

Speaker 5: I didn't handle that well with no judgment.

Speaker 4: Yes, that's the key

Speaker 5: brother. It's okay to call your shit out with no judgment.

Speaker 4: Yeah, yeah. I didn't do good. Yeah.

Speaker 8: And then, then to Matthew's point of athletes, then once you get to that point where you can say, without judgment, I'm calling myself out, then imagine what you would've done differently and imagine it as if it already happened, because that'll implant that idea and that thought process into your head so that next time you are more likely to make it happen that way.

Speaker 5: Practice

Speaker 8: you're practicing mentally before you go in.

Speaker 4: So. The next thing is an encouragement [00:18:00] to redefine normal for yourself is stop living your life by someone else's experience and parameters. A lot of people exhaust themselves. We, we have a tendency to live our life and we teach this on the Phoenix collective of living our life from the outside in.

We grow up in our lives, in our twenties and our thirties being told what to do, what to dress, where to go, what to behave. We get into our forties and forties, what career we should have, what house we need to buy. All these set of expectations. And at some point, you've gotta stop living from the outside in and actually go to about living from the inside out.

And you can get exhausted by trying to live and perform to someone else's version of what normal is. Um, so normal for you is what you need normal for you is what you should eat normal for you, is what activities you need to do normal for you is what you need to go and get about your life. And if you're trying to look fine while.

You are undersleep overloaded, hyper [00:19:00] alert and running hot. It's not gonna go well for you.

Speaker 3: Redefining normal doesn't mean lowering the bar either. It just means telling the truth. Like maybe your normal needs better sleep boundaries. You know, you put your phone on airplane mode at 8:00 PM and there no more texts can get to you.

Um, maybe you need less chaos in your life. Maybe you need better food, more structure, recovery time after stress or stressful days at work. Um, maybe you need a little space before hard conversations.

Speaker 4: We, we do this actively. Yeah,

Speaker 3: we

Speaker 4: put it in our calendar.

Speaker 3: Yep.

Speaker 4: We put it in our calendar. If I know I've had a series of, like, I've had three incredibly exhausting, very long, very emotionally draining days, and the first thing we're doing tomorrow is nothing.

And we've got a solid block of nothing. And that's followed after by a small break for lunch. And then another considerable block of bugger all, so a block of nothing in the model lunch, and then a [00:20:00] block of bugger all because it's been, you know, 36 to 40 hours in a three day period. And I just know that I can do it for that period of time, but at some point the wheels will come off and I would prefer to avoid that.

Now, can somebody else turn around and go again? Yeah, they can, but that's not me. I, I can't do that. And, you know, I, I was talking to my brother and sister-in-law about that earlier on. It's like today was incredibly draining. And it was draining on a series of very good, very difficult. But I know tomorrow that if I don't come lunchtime or three o'clock tomorrow afternoon, um, it's gonna be really uncomfortable inside my head.

And I don't wanna do that. I don't wanna do that for my wife. I want to go to the gym. I want to eat good food. I don't wanna make mistakes. So I'm preemptive with that.

Speaker 3: And there's nothing wrong with that.

Speaker 5: Yeah, yeah. Nothing wrong with it. And everyone's normal is gonna be different, right? We can all acknowledge that.

And that you can also [00:21:00] change your norm anytime you want. And that you have to participate in that. You can't just sit back and say, well, I want more time with just myself. Right? So for John, he has to schedule it in. He can't just

say it. He's gotta, okay, I'm gonna actively participate in this. I'm gonna schedule it on my calendar.

'cause I look at my calendar and I'm the same way. So it's like, no, no. And if you don't use a calendar, then great. Get a post-it note and put it on your, and put it in your mirror. Uh uh, or put it on your refrigerator or whatever it is, right? There's always a way to participate,

Speaker 4: good

Speaker 5: in the betterment of you and changing what you want to change.

Speaker 4: Very good,

Speaker 3: very good.

Speaker 4: So it's not gonna fix everything overnight. Um, and you gotta stop calling yourself broken and start to build from your toolbox.

Speaker 3: Yes. So practical challenge for tonight. Before you go to bed, uh, write down three sentences. [00:22:00] My first warning sign is blank. My first warning sign is blank.

My common trigger stack is blank. My common trigger stack is blank. And my Paul's point tool is,

Speaker 4: why don't we do this as an exercise now?

Speaker 3: You wanna do it now? We can do it

Speaker 4: now. Yeah, let's do it now.

Speaker 3: All right,

Speaker 4: let's unmute everybody.

Speaker 3: We did also make this awesome handout for you guys. Cool. And I will be sending these out via email, but that might not happen till tomorrow.

So we're gonna do this exercise right now together,

Speaker 4: so everyone just, we'll call it out again. Like I think you have done, I dunno how. What do I need to do here with the unmuting? Do I just tell 'em? Okay. Uh, Mike, unmute. Ask Mike to unmute. Ask unmute. Alright, there we go. But, okay. Okay. No. Okay. Okay. Good.

Speaker 3: All right,

Speaker 4: good.

Speaker 3: [00:23:00] So, my first warning sign is, and that can be a warning sign in your body or in your brain, or in your behavior.

Speaker 5: Doesn't have to make sense. Doesn't have to be logical.

Speaker 4: Mine is, I stutter. I stutter. If I'm starting to get emotionally wind up, wound up, I stutter. And I find that my eyes blink very quickly if I'm in an emotionally stressful situation, which, and she normally knows and she taps me out and says, what's going on?

Hmm. So that's mine. That's one of my first warning songs. What about someone else?

Speaker 2: I would say my first one starts in my brain. 'cause it starts with my thoughts.

Speaker 3: Hmm.

Speaker 2: But I do get physiological, like my chest tightens and I do breathe more shallow.

Speaker 4: Excellent.

Speaker 2: And then I start talking in a very anxious manner.

Speaker 4: Okay. What else? Anybody else?

Speaker 2: Oops, I [00:24:00] just did the whole thing. The stack.

Speaker 7: Yeah. I would say for me, I start looking more at the negative outcomes of things around me. Oh. And my wife Will, will just, is it Melissa? Is

that right? Okay. Yeah. Mm-hmm. Um, just like Melissa is kind of, you know, keeping an eye, tapping you on the shoulder.

John, my wife, when she starts hearing me speaking, like self-deprecating, you know, manners. Mm-hmm. You know, she will be like, what is going on? And so, um, but I also will become really tense and it shows up like right in here. And I'll end up, you know, with headaches and, and just that tension, um, yeah, it shows up in different ways.

It's like, if, if, if I don't stop it continues going and it's almost like these, uh, you know, like tr like a break check. If I keep pushing through, it's just [00:25:00] like, okay, now it's gonna explode. So

Speaker: I think mine say is when say,

Speaker 3: oh, oh, sorry.

Speaker: Go ahead Rachel. Mine. When minus, when somebody's trying to impose something, I think is idiotic.

Speaker 4: So that's a trigger for you, is it?

Speaker: Yeah. Like

Speaker 4: TA How do you tell yourself that you're starting to get ticked off at someone, being an idiot? Do you get Ed?

Speaker: Well, usually my wife clamps my arm and says, Rachel, you gotta, you keep a lid on that.

Speaker 4: Don't stab anyone in the eye today.

Speaker: Right. Pretty much

Speaker 4: Kinsley. Matthew. Michelle, what, what's your first warning signs? Kinsley. Come on, man.

Speaker 9: My first warning signs is what I'm doing right now. Smiling Defense magnet. Yeah. [00:26:00]

Speaker 4: Yeah. That's good. Good. Uh,

Speaker 3: I think mine would be, uh, certain thoughts that I have. Like if I, if I find myself getting irritated at John when John hasn't done anything,

Speaker 4: which is like, just most of the time, what do you, no, you're just telling me.

So

Speaker 3: if I have negative thoughts about, uh, like getting things done at work, that's a sign to me that I'm starting to get overwhelmed. And typically all I need to do is tell John that I'm feeling overwhelmed and then it all just deflates, like all the air runs out of it, you know, all this stress goes away if I just will talk about it a little bit.

Those thoughts like, tip me off.

Speaker 9: Good.

Speaker 8: For me, it starts with tension in my jaw, and then I start fiddling with my fingernails, um, or, uh, twitching with my hands. And that's usually a buildup of anxiety or [00:27:00] nervousness or insecurity. And then when I allow that to start affecting my thoughts, then that turns into irritation regarding situations or things happening around me, even when there's no real basis for it.

Speaker 4: Interesting.

Speaker 5: Yeah. Mine's gut. I can just feel it in the gut,

Speaker 4: really.

Speaker 5: Yeah. Yeah. And then my next thing is the breath. Like, that's my follow up, is I'll take a, I'll take a deep breath, really, and not because Yeah. Yeah. It's just how I deflate myself with everything.

Speaker 4: Wow.

Speaker 5: Yeah. But the gut thing for sure is kind of my key.

Speaker 4: So what common things stack for you? What are, what are things that you would find in life that sort of dog pile on to set you off?

Speaker 8: For me, one of the [00:28:00] ones that came up, um, this past week was, uh, feeling like I'm wasting my time. I don't like, I don't like wasting my time, and it allows me to be more irritable when I have no basis for it.

Speaker 5: Wait, but then that's, that's the, that would be the first level, right? And then you're saying stacking what's then stacked on that.

Speaker 4: What sort of happens? So we start with your, your feeling, you're wasting your time. What's the next, and, and if it keeps going, what's gonna manifest?

Speaker 8: Yeah, I would say the waste of time. Um, I, I didn't get to that point of making the decision in my head that my time was being wasted until I had already gone through all the steps of my jaw clenching and playing with my fingernail, feeling irritated whenever somebody said something.

And then I hit a breaking point and I went, wait a minute, why am I so irritated? Oh, it's 'cause I feel like my time is being wasted.

Speaker 4: So it was a good conference.

Speaker 8: Yeah, it was a fantastic,

Speaker 5: there was just a lot of silver lining.

Speaker 8: This [00:29:00] was one of those silver linings, was learning this about myself.

Speaker 5: It was, it was great in the, in the sense that you felt like it was, um, a big waste and not, and extremely not at the same time.

And not just because of, let's just say figuring out what else triggers you and all that stuff, but just. Everything else that came out of it. You know, sometimes when we get into, when we get sucked into, uh, our own shenanigans with it, it's hard to appreciate the full scope of the experience. Meaning not just trying to turn something shit into gold, right?

I mean that there's sh that there's also some gold nuggets sprinkled into the experience outside of the things that make you uncomfortable.

Speaker 3: That's an alternative title we could consider for tonight.

Speaker 5: What

Speaker 3: gold nuggets in the excrement.

Just saying just

Speaker 4: she's here all week,

Speaker 3: I tell ya. [00:30:00]

Speaker 4: So what else

Speaker 8: where that seems to stack most, I think, and, and maybe for other people as well as myself, is when you go into something with an expectation and you don't allow yourself the flexibility to change your perspective based on that initial expectation.

Speaker 4: That's good. Disappointment arises out of unmet expectations. Very good.

Speaker 5: My, my stack would probably from this weekend was seeing how this particular person was treating people. Oh.

Speaker 4: And that triggered you.

Speaker 5: I was like, I don't like this.

Speaker 4: Yeah.

Speaker 3: Yeah.

Speaker 5: I don't like how you're treating people, how you're maneuvering with people and, and then you're putting it into the claim to fame of being spiritual and it's like, that just rubs me really wrong.

Speaker 4: That's got some history with it too.

Speaker 5: Oh yeah. You know for sure, for sure. Brought up dad, brother, and I'm like, yeah. And I noticed it on day day three. I was, I was. 'cause I. [00:31:00] I could feel it internally and I kinda, you know, you know, kind of tilt my head to it,

Speaker 4: tilted at it little bit.

Speaker 5: That's, that was another stack of like, there's, I know there's something here.

And then we're like, we're, we're standing up and doing something. And I'm like, oh my God, your movement reminds me of my dad. I'm like, oh, wow. Like, that's why, that's, you're just, you're a funny creature. You

Speaker 4: very good. What about someone else? Common stacks, common things you find build very good, Matthew?

Speaker 5: Yeah.

Speaker 7: I would say for me it's being, you know, like what Matthew was talking about, but also being told, um, how I am supposed to feel or, um, think, you know, invalidating how I'm showing up. Mm-hmm. And just belittling it. And I'm like, hell no, I didn't, I didn't become self-aware, do the work, the healing to. Be kind of [00:32:00] put back in a box by somebody else.

You know what I mean? Yeah, very. And um, so yeah, that will send, send me off really fast.

Speaker 4: Very good.

Speaker 3: I think for John, I've noticed that, um, there,

Speaker 4: for me it's when other people talk for me,

Speaker 3: is it?

Speaker 4: No, it's not. You can do that. You do it all the

Speaker 3: I didn't know that.

Speaker 4: No, it's not. I made that eye.

Speaker 3: Um, though something might happen that will, um, make him feel a little bit unsteady in the world and then instead of like taking a pause moment, he'll just pile on a lot of other things that he has to quickly go do.

And, and so he will have himself booked too tight and then with all very good things, you know, like work things or, or whatever. And so then he has stacked himself to the point now where he is, uh, overrun. And, and [00:33:00] has to say, okay, how did I get here? What did I do? And you know, and then it goes all the way back to like three days ago that one thing, that

Speaker 4: three weeks ago or

Speaker 3: yeah, that got me bent outta shape.

Or even I'm nervous about a meeting that's gonna happen next week. And so I'm stacking myself in advance.

Speaker 4: That's so true.

Speaker 3: It's,

Speaker 4: and she does this to me, but my external me, it's like, you know, a much more attractive version of me telling me what I should be doing. We had a meeting yesterday and I was outta sorts for that for probably 10 days.

And it was a very, very diff I mean, to the point where I couldn't hold down food. I mean, everything had gone wrong and we thought it was this appointment I had, but it wasn't until I was through that appointment that I realized that was the thing we thought it was. But that's told myself. Normal people.

Again, back to the first point, normal people shouldn't get upset or, or concerned about this. But I was, and [00:34:00] Melissa was correct, she stopped me a couple of days ago and said, all you're doing is filling up every single moment so that I wouldn't sit with it. So when I get myself into extra busy mode, I'm trying to hide something and that's when I start to trigger stack.

And that's one of the signs, like, Michelle, you were talking about fiddling with your nails and jaw tight. That's, that's my how I roll. Yeah. Apparently that's how I roll.

Speaker 3: That is, that's how you roll, babe. Sorry,

Speaker 4: epiphany. Live.

Speaker 3: So the, I I will take one moment to say that with the Phoenix Collective, we have all these tools and um, we are ourselves, are not beyond using them.

We use these tools. Yeah. Every single day. Every day. All right, so number three.

Speaker 4: Number. Is there anybody else?

Speaker 3: Oh, sorry. Anyone else wanna talk about what your trigger stacks are?

Speaker 2: Everybody already covered all mine. Well done. [00:35:00]

Speaker 3: So what's your pause point tool? What is the thing when you need to take a pause and stop the words from coming out the mouth? What are you gonna do?

Speaker 5: Oh, I know what mine is.

Speaker 8: I know what yours is. Too

Speaker 5: big. Deep breath.

Speaker 8: He takes a big, deep breath and then his voice gets really calm and really gentle and you can tell that he's just choosing his words very intentionally.

Speaker 4: I would agree. I've heard him do that on occasion.

Speaker 5: Yeah.

Speaker 4: Why the hell is he speaking so slow?

Speaker 5: Yeah. I start speaking slower, softer. I'm just, you know, 'cause I'm like, okay, let's see where,

Speaker 4: let's ride this out.

Speaker 5: Where it's not, where it's not meeting, where is the communication

Speaker 4: That's

Speaker 5: good. Being met. And so, yeah.

Speaker 8: And for me, I think I have such a challenge [00:36:00] distinguishing my tipping points that what's actually been most helpful for me is to go outside once a day and sit in sunshine, because then I'm preemptively buffering myself. Mm-hmm. And it actually keeps me from reaching those breaking points and gives me a lot more peace of mind and clarity so that I can recognize what I'm feeling when it comes up.

Speaker 4: Very good.

Speaker 3: What's your pause point tool?

Speaker 4: You, you are my pause point tool

Speaker 3: I think. I think a lot of times you take a walk, you will, you'll take a walk or you'll,

Speaker 4: I go to the gym.

Speaker 3: Take

Speaker 4: three, I'll, I'll often go to the gym. That's a pause point for me because I can sit inside some headsets for 45 minutes, sauna, um, have a sit in a sauna.

Um, anything that breaks out of the routine. And when I do something like that, I might be listening to like a podcast on writing or an audio book or something that's just going, is just separate from whatever the daily routines [00:37:00] are. And I think that's the key to breaking it, is breaking that cycle in one way or another.

Um, doing okay here I'm going, oh, okay, I've, I've just gotta go, I've just gotta turn left on this thing and just do it. Sometimes we'll get, if we're in the middle of it and it's too frantic, we'll just throw the dog in the back of the car and drive around the block. There might be seven minutes, but it's that whole activity of doing something different than whatever in the midst of Mm.

And I think that just breaks up the cycle,

Speaker 3: I think. So.

Speaker 4: Anybody else got peer poise points? And Melissa mentioned the Phoenix Collective, and I wanna encourage you. We took \$300,000 in 15 years of recovery, and we put it into a program that will take you about, it's designed, so you can do it within six weeks if you want to, or six years if you need to.

And it's five minutes of video teaching by the both of us, followed by a 10 to 15 minute activity six days a week, [00:38:00] and it's week on and week off. And why I designed it this for someone like me and someone like Melissa, someone like me who wants to consume it in six weeks, someone like Melissa who wants to consume it and actually think about it over two years.

Someone like me who's gonna consume it in six weeks, but really thinks he needs to take six months. So he wants to replace it, play it again, and that's normally \$97. But if you're on part of this and you go to the replay site, it's \$27. So if your recovery is worth the cost of a lunch, then can I suggest that you take the time to download it?

It's yours for life. It's not \$27 a month. Why? Because we all hate monthly subscriptions, that's why. So go and do it. And I wanna encourage you, go and invest in yourself. \$300,000 in 15 years, 27 bucks. It's worth it. And if you really don't like it, just talk to Matthew and he'll give you your money back because I'll call you an idiot.

But that's just me. I've got some issues, but I really do think it's worth, I know it's worth it, and we designed it that way, [00:39:00] um, to make it accessible, um, repeatable and affordable. And so, you know, I wanna encourage you to do that. Um, get it in there. You are worth it. And we're putting in the process of putting in an app at the moment.

And, um, so yeah, it's all gonna be good.

Speaker 3: So right now you can use it through a browser on your phone or on your computer or tablet. Um, and then soon we'll be back in the app store with it. So.

Speaker 4: So any other, let's open it up for general questions and answers or admissions that I don't have a clue. 'cause all of those are valid.

Speaker 7: So I'll jump in here if it's okay with a question. So John, I've got the awareness part. Like I know when I'm escalating the problem is once I'm escalated, diffusing.

Speaker 6: Hmm.

Speaker 7: And so my wife and I have talked [00:40:00] about this where it's like, um, I grew up in an environment, uh, where it was attack, come back and hit you up with something else, come back and hit you up with something else.

So guard, the guard is always there, if that makes sense. Like Yeah,

Speaker 4: it does.

Speaker 7: You know, you're expecting to be attacked. Is that where the E of execute comes in, in helping you to cut that out so that you're not on that heightened attention. Kind of like having your head on the swivel.

Speaker 4: Man, that's a good question.

Speaker 8: Can I,

Speaker 4: yeah, please do.

Speaker 8: I, I would say that if the guard is up constantly, then the deescalation needs to happen constantly too. So whether that's con building in consistent reminders on your phone or putting little sticky notes like our, our mentor, Dr. Ellen has [00:41:00] people put a red dot everywhere. They can see it.

There's one on the corner of their computer, one in the bathroom on the mirror, um, one on the tv. Anywhere where you think you're gonna look consistently. And that little red round dot sticker means pause, take a breath, and breathe. 'cause if you retrain your nervous system to deescalate consistently, then it's less likely to stay in that heightened state.

Speaker 5: The, the other five,

Speaker 7: and I should, I should clarify. It's, it's, when I get to that point of things, build up, build up, build up, and then it's there. It's not a constant thing. So, oh, it's, it's more the exception than the rule. If, if, you know what I'm

saying? So it's, but it's like when it happens, it's like hours of like, okay, so why am I in this state?

And so that's where kind of the conversations have occurred to understand why it's there. And now it's like, how do I cut that cord?

Speaker 3: So [00:42:00] for example, Mike, if you had a difficult conversation with your wife that didn't go well, then you're expecting her to come back to you three or four times and still be fighting with you.

Is that, does that,

Speaker 7: yeah. Or it could just be, it could just be like, if John, I'm. Can I use you as an example?

Speaker 4: Yeah, go ahead man.

Speaker 7: I appreciate it. If John and I had had a conversation and I perceived that he did something wrong, or, you know what I'm saying it

Speaker 4: mm-hmm.

Speaker 7: Depending in all honesty, depending Melissa, how, how insecure, how out of control that I feel like overwhelmed by what's going on at the moment.

Um, it, it will depend. I mean, it could be somebody just cutting me off in traffic, you know, and, and it's like the fuse goes off. Um, and again, that's more the exception than the rule, but [00:43:00] it's still there. It's still noticeable and it's one of those of, of working to understand. It's like, okay, how do I disassociate what I learned as a behavior with how I behaved?

Now?

Speaker 4: Has anyone got input for Mike? Kinzie, do you have any Raquel, Matthew?

Speaker 5: Uh, one, one thought is, um, and you obviously pregame this, right? So, because I don't know what's gonna be your thing, but one thing you could do is pregame it with the wife and say, when I'm being this, I want you to try this. Meaning, I want you to make silly faces at me.

Right? Do so you gotta try something, right? And if you're open to trying something, then at least again, you know, when you have a partner and you gotta wa you know, whatever that is, then, you know, that's, that can be a great tool and a foundation for change, right? Because they're there for that reason, just like you're there for them for that reason.

So I [00:44:00] would say it could be interesting for you to, uh, tell her to, uh, maybe make a, a funny joke or a funny face, or maybe you guys go and get a ridiculous mask. A wooki or a Chewbacca, whatever, it's, and then you say, okay, great. If any of us is being, and this goes two ways, if you're being this way and I recognize it, if I'm being in it, you're then I'm gonna go keep the mask and I'm gonna put it on myself, not the other person.

I'm gonna put it on myself to show you that we need to stop.

Speaker 7: So you're looking for like a pattern interrupt almost?

Speaker 5: Yeah. Yeah.

Speaker 7: To stop it and bring it back to perspective.

Speaker 5: And enlight lightness for me, has always been, uh, key, right? So I don't want to be like, uh, you know, uh, uh, turn on some mood music, or I don't want to get into some seriousness, or I don't want to be like, well, let's write about it.

No, no. I, I, I need to snap out of it. And snapping for me is I [00:45:00] gotta bring a smile to my face. I, what's the quickest way I can bring a smile to my face? And not in a sarcastic or undermining way. Right. So that's why I said you wanna pregame it, you gotta make some rules and say, okay, what's allowed? You can't be sarcastic, but it can be maybe, you know, a, a funny joke, you know, maybe it's about, you know, your baldness Right.

Or the, or your radio voice. Or it could be about, you know, I, that you, whatever it is. Yeah. Right. Whatever you're feeling comfortable with that would allow you to at least be open to the, you know, and when you're in it, it might not work. You might be like, it might fuel it even more, but at least you're trying something and it's like, oh, okay, that didn't work.

Fair enough.

Speaker 4: Sometimes what I do is I'll tell 'em, I'll tell, I'll go for a walk if I'm feeling I'm escalating or I'm wound up, and the first words I'll tell them, Melissa and I will go and I will try and practice to say the words and I'll say the tone. And the [00:46:00] first words I'll say when I come back to Melissa is I've been practicing this.

What that does is forewarn her that I'm trying to have a conversation about something I'm uncomfortable with. And I know I'm probably going to be deregulated and emotionally sensitive to this, but here is a warning that I'm trying my best, which means she goes, okay, well this isn't about me, this is about him.

Speaker 3: Yeah. And I can listen, you know, without taking anything personally or, you know, um, even if what he is having a challenge with is about something I did, I can, I can listen past the tone or the, if he doesn't get the delivery perfect, I can hear past that because I know that he has been practicing and that's a big deal.

I mean, that's a big thing

Speaker 4: and that's coming to Matthew's point about pre-gaming it. So obviously you are aware, Mike, that this is an issue in your life. So then pre-gaming it, wear a wie mask or be at a conversation or a walk. [00:47:00] That's gonna prepare both of you to be able to have better communication and a better level of understanding for each other.

Speaker 3: And even if it is the dude that cut you off in traffic, that has set you off, if you have a way to let your wife know that when you, when come through the door, um, John, a key word from John will be, I'm having a challenge right now. And he'll, he'll say that word challenge and I know like my little ears go up, wifey ears go up, my wifey ears go up.

And I, and so I know to, you know, stop what I'm doing, pay attention and help. And so if there's a way that you guys can develop a language like that of, um, you know, I'm, I'm having a challenge right now. And even if it has absolutely nothing to do with your wife and everything to do with everything else out in the world, she at least knows that she can stop.

Unpacking the dishwasher and fighting with the kids and doing all those things and, and focus in on you for one second to help you with your challenge. And [00:48:00] you guys can learn how to interrupt that, uh, escalation

Speaker 4: because that's what it's about. It's about helping each other be the better version of each other for each other.

Speaker 7: Mm-hmm. Yeah. And, and I will tell her, I'm like, she's usually picked up on it before I will. And I'm like, I'm really struggling right now in letting go of what happened earlier. And she's like, yeah, I can see it. And I'm like, okay, you know, what's going on? Like, we'll kind of talk through what has primed the pump for that kind of frustration to take, you know, to take place and, and stay.

And, um, but I like the fact of the pattern interrupt because it's like in the moment, talking it out hasn't been. How I can release it, if that makes sense. It's like I can talk about it and still be there. So the, I think

Speaker 4: next time we need all [00:49:00] need to turn up with Wookie masks.

Speaker 7: That's what I was gonna say.

I think need to go to the, I think I need to go to the store and buy a Wooki mask and

Speaker 4: Yeah. You know, for the next Phoenix Collective, we need to all turn up with like little wies on a stick. But,

Speaker 5: but also, Mike, you just did it even talking about this subject, you did it even in a brief moment and even recognizing that where you kind of paused and then you took a, you just did it

Speaker 4: very good.

Very

Speaker 5: good. You, you actually interrupted your own movement of the conversation of even talking about it when you did it.

Speaker 4: Yeah.

Speaker 5: Yeah.

Speaker 3: I appreciate that. Thank you. A lot of times if, uh, if John is having a challenge and I'll say, how can I help? He'll say, you can't. And, and it's exactly like you s. You said, Mike, you, you know, the, the, all of the emotion and the thought is in there and he's like, I just need to go to the gym, or I just need to, and whatever that is for you, that will let you release some of that from your body.

Like the gym always does that [00:50:00] for John. Um, or bike ride Or

Speaker 4: snacks.

Speaker 3: Snacks.

Speaker 7: Peanut butter.

Speaker 3: Peanut butter.

Speaker 7: We, we've talked about going to like a rage

Speaker 4: room, usually knows all about peanut butter and snacks. Bro, this guy's got the most incredible story. He was like about 8 million pounds and now he's not. It's phenomenal.

He walks 1200, 12,500 steps a day. Wow. And he's done it for 265 days. I had the worst podcast with him because I'm incredibly challenged.

Speaker 3: We did go to the gym today.

Speaker 4: I know, but I certainly haven't done bloody 12,000 steps. Have I? I'm sitting here listening to this fella and he is very humbly saying, I've got 265 days and I'm saying, bro.

You're shaming me here. I'm feeling like, man guilt.

Speaker 3: That's incredible.

Speaker 4: It is. It's phenomenal. He's done a fantastic job. You should see his fat photos. They're great. He showed, dude, he's got this one picture where he is, got two legs in one pants pocket. It's the best thing I've ever seen. He's fantastic.

He's got such a [00:51:00] story, man. He's a, he's a hero of mine. He's on my new hero list. You need to do a podcast with him, Mike, you know, two podcasts together. Remember that concept? Yeah.

Speaker 9: Yeah.

Speaker 7: So will you be connecting us, John?

Speaker 4: Yeah, for sure. I do it.

Speaker 7: Perfect. Okay. That's why I was like, the chat is turned off.

Otherwise, I was gonna say, Hey, let's go ahead and, you know,

Speaker 4: oh, you need to do that. I don't know how to turn it on. Let me turn the chat on. 'cause then I'll, I'll forget. Um, let me go down here. Let me go over here. Chat settings. All right. So. I don't dunno anyone.

Speaker 7: It's okay. John, I if, if you don't

Speaker 4: mind me sending you an email.

Hey Ken, just gimme his email now, mate, because I'm gonna forget.

Speaker 5: Yeah.

Speaker 7: Okay. So Matthew Kingsley, if you guys don't mind emailing me, um, yeah. Do you have something to write with?

Speaker 4: Yeah. Okay.

Speaker 9: Yeah. Hold on. Let me grab a,

Speaker 4: I had a great podcast with both of you guys. You guys should be good.[00:52:00]

Speaker 7: You guys just let me know when you're ready.

Speaker 4: We're ready.

Speaker 7: Okay. So, Matthew, since you're ready, I'm gonna go ahead and give it to you really quick. And then when Kings league's ready, I'll give it to him. Okay.

Speaker 9: I'm ready.

Speaker 7: Oh, okay. You

Speaker 9: ready?

Speaker 7: I was quick. Look at you. Um, it's, yeah, I didn't

Speaker 9: double forget that.

Speaker 7: It's all good, man.

Uh, Mike, MIKE at hi, H-I-C-O-A-C-H-M-I-K-E dot. So mike@highcoachmike.com. 'cause trying to spell my last name is not something people were doing well. So yeah, it wasn't Smith, it wasn't easy.

Speaker 4: Perfect. Any other questions, folks, before we go to bed?

Speaker 9: I, I appreciate it.

Speaker 4: Appreciate

Speaker 9: it. It No, it is, [00:53:00] see we were just talking about all of this today. Uh, that's why I'm just sitting here in awe right now, like how this even happening right now. Again, like, uh, yeah, that's why I'm just like, just soaking it all out, saying, well, we literally talked about this about 12 hours ago.

Speaker 4: Yeah. Welcome to the collective brother.

Speaker 9: Thanks. That was great. Thank you so much.

Speaker 4: Appreciate you. Peace.

Speaker 7: Thank you you guys for hosting this and putting it on. I really appreciate

Speaker 4: it. You welcome. Thanks

Speaker 9: for coming.

Speaker 4: We look forward to seeing you on the collective. Bye-bye. See you, Janine.

Okay, bye.

Speaker 7: Do you want us to drop off? Is that what we were?

Speaker 4: No, I don't know. I dunno what I'm doing. You can guys can sit here and talk. I'll probably go to bed.

Speaker 7: Okay. I was just gonna ask Michelle and math.