

BtR 402 Transcript

00:00:00 - Jerry Dugan

Are you somebody looking to create a life worth living in your faith, family, and career? Well, you're in the right place. Welcome to beyond the Rut, the podcast that shares encouraging stories and practical advice to help pull you out of your rut into that life worth living. I'm your host, Jerry Dugan, and in this episode, we're going to be joined by somatic coach Jay Fields. Now, what is a somatic coach? Well, a somatic coach really helps you get into the moment and mindful of what your body is doing right now so that you could use your body and your nervous system to rewire your mindset. It's really cool. This is like fake it till you make it, but on steroids and on something I could get on board with because I'm not really a fan of fake it till you make it. However, I am a big fan of shifting your mindset and using the techniques that will help you get there. So that's what we're going to be talking about, is how do you get mindful of what your body is doing right now so that you can start changing the perspective you have of the world around you? Because really, if you want to achieve your goals for the new year, mindset is going to be a very big part of that. So are habits and a bunch of other things. But my hope is that this technique would be something that helps you achieve your goals to create that life worth living. So sit back, relax, grab that notebook and a pen. Unless you're driving in the snowmageddon that's happening here in Dallas. If you're in Dallas, if you're somewhere else and it's wintertime, then great. If you're listening to this in the summer, forget everything I just said. But if you're driving, still be safe. If you're in a place where you can sit back and relax, then do that. Okay, I think I've covered all the bases here. So here we go. All right. Hey, Jay. How are things going on? You're into the world.

00:01:43 - Jay Fields

I know. Super good. How are you doing, Jerry?

00:01:45 - Jerry Dugan

Doing well. Doing well. Very energetic. I was just bugging my wife. We're supposed to meet up with my daughter and her boyfriend and his family for lunch, but we still haven't got word yet. So we just had a quick snack, got in here, and now I'm chatting with you. Yeah.

00:02:02 - Jay Fields

And you and I just shook it off. We realized we speak the same body language before we start to record.

00:02:09 - Jerry Dugan

People are surprised that I've been doing podcasting since 2014. And most of my career is speaking in front of audiences, mainly in a corporate setting. However, I get nervous like crazy before every single time. And my family thinks it's silly or not silly, but they're amazed by it because it's what I do all the time. And they're like, how can you be nervous? I'm like, how can you not?

00:02:34 - Jay Fields

Yeah, I still get nervous.

00:02:38 - Jerry Dugan

I'm worried when somebody's not nervous, it's like they're not preparing, they're not bringing their a game. They're looking to just wing it as they go, go with the flow. They're not thinking about what's the best way to pull this off for the audience or for somebody I'm serving. And I don't know, for me it's like, did I remember my own name? Right?

00:02:58 - Jay Fields

Well, nervousness shows you care still.

00:03:00 - Jerry Dugan

Yeah, I think that's the thing. But I'm glad that we got you on here because you currently work as a somatic coach. But before we get into that, you were a yoga teacher before that for a good 20 some OD years.

00:03:16 - Jay Fields

Yes.

00:03:16 - Jerry Dugan

Thing that caught my eye because I'm an ultralight backpacker. My friend Jody Mayberry used to be a park ranger and I saw.

00:03:24 - Jay Fields

Really?

00:03:25 - Jerry Dugan

Yeah.

00:03:26 - Jay Fields

I don't know if that dream job.

00:03:27 - Jerry Dugan

Yeah, right. He left the banking world to become a park ranger, and then for whatever reason, he left. And now he does podcasting and public speaking, but he still works with park rangers. He has got a. What is this show? That's not important because we got you on here. But the job that really caught my attention was that you were a contracted wilderness guide for a university a few years back.

00:03:56 - Jay Fields

Multiple places. Yeah, I kind of had two streams of my career when I was coming out of college in my twenty s. So I was a yoga teacher starting from when I was 19, and I led backpacking trips, I led rock climbing trips, did all different kinds of kind of backcountry adventure sort of things, and that was concurrent. So I was either out in the woods or I was in the yoga studio.

And both were definitely informed by my interest in how being present in your body can impact your emotional and mental health in positive ways and particularly being in nature.

00:04:43 - Jerry Dugan

Man, my love for going camping and backpacking specifically really stemmed out of the army. So I was in the army and being out in the woods, being out in wilderness sounds cool, except you don't get to enjoy it because the whole soldier thing is you're on guard duty. So at sunrise, instead of watching the sunrise, you got to look at the horizon to see if there are bad guys at sunset, instead of looking at the sunsetting, you got to look at the horizon for bad guys. And then every other time, you're pretty much just looking for bad guys. And I was like, what if I went out there and challenged myself and I didn't have to look for bad guys? And so I went on my first trip, and I was able to look out at a pond while I was hanging from a hammock in a tree, and I'm like, this is pretty cool. I like this. And then I did another trip where I was looking down at a river while in a hammock. I'm like, okay, I'm liking the hammock thing. And this water view thing is, like, growing on me. But it's in Texas during the summer.

00:05:40 - Jay Fields

Always hot, not so pleasant. Yeah. It's such good medicine for your nervous system to just be in a place where it's natural sounds and not all the screens and distractions that we have.

00:05:56 - Jerry Dugan

Oh, yeah. Getting out there and just unplugging, not having cell service. I love it. And then I get aware of how much I'm addicted to my device because I could be in the middle of nowhere at big Bend National park, for example, and I'm trying to get on social media, and I'm like, why is this not working? Oh, yeah. I'm 15 miles away from the nearest cell phone tower. This is it.

00:06:18 - Jay Fields

Amen for that, right?

00:06:19 - Jerry Dugan

Oh, man. And then I come back, recharge. It's like, wow, what did I miss? Oh, not much. Okay, good. Let's get back to the world now. I just thought that was really cool. I could see where that goes. Hand in hand with your work as a yoga instructor, and now you work as a somatic coach, which I'm familiar with the term psychosomatic, where if you think so negatively about something, it starts to make you feel sick. This sounds like this is in the reverse. Like, if you're not feeling well, you get movement going to get your mind.

00:06:50 - Jay Fields

Also interesting, I've never had someone link psychosomatic with somatic coaching. I totally get how you got there. Yeah. Soma is the greek word for body. So somatic coaching simply means we very much incorporate the experience of the body and physical sensations and what you notice in the present moment while you're talking about something and then help the client develop resources in their body, as opposed to, we think about traditional therapy or coaching as being, like, understanding a concept or being able to change your mental conception of something, and that creates healing or growth. But this is about changing yourself at the level of

your embodied awareness and experience, which, for those people out there who are brain geeks, they know that there's information that passes between body and brain and brain and body, and 80% of it goes from your body to your brain. Only 20% goes from brain to body. So when we're looking at wanting to change thoughts and beliefs and long held kind of patterns that we're in, if we're only using the circuit that communicates 20%, it works. But why not go for the one that is communicating 80% of the time? Do you know what I mean?

00:08:14 - Jerry Dugan

Yeah. Wow. It's almost like we take the Pareto principle to the body level, in a sense, where it's the 20 that we think is getting this 80%. I'm sure I'm using the wrong model.

00:08:25 - Jay Fields

Here, but I know what you're somatic coaching. It draws upon how much intelligence we have in our body and how much of our personality and behavior that we think of as just who we are is actually influenced at the level of our nervous system and how we then experience what our nervous system communicates to us via our body. Right before we were talking about our shaking, and you mentioned your sweaty palms, and I know for me, I get kind of like the cold, clammy thing when I get nervous. And all of that is part of the nervous system going, oh, so we're in a little bit of a situation here. It feels like it's kind of threatening, and we're just going to create some. That's where the stress response comes out. And most of the time, we ignore that or we try and think our way out of it. And that works, kind of, except when it doesn't. And that's where somatic coaching comes in.

00:09:28 - Jerry Dugan

Yeah. And that makes sense. Well, I saw part of your course on LinkedIn where you mentioned, even in stressful moments, somebody might have training in a conflict management model, like crucial conversations or fierce conversations, and we might have that awareness of lizard brain versus the rational side, but in the heat of the moment that we just go to what we know and we act out anyway despite knowing better. I was like, that caught my attention and hearing this, I'm like, yeah. So our physiological response, in a way, can override in a lot of ways.

00:10:04 - Jay Fields

Oh, gosh, so much. So much. Which is why many of my clients who've come to me for coaching have been in therapy or other forms of coaching for sometimes decades. And they know better. They really, really do. They have all the mental awareness and self awareness, and they're still doing the old behaviors. And that's because in those moments where the nervous system takes over and puts you into a stress response, what you know in your really smart brain just doesn't come into play. All of your old strategies for survival come into play. And when we say strategies for survival, we're not talking about being able to run fast. We're talking about things like people pleasing. Right. And being the good boy or the good girl or good person. That sense of, like, if I just do this, then I'll be safe. And that's where we default to.

00:11:02 - Jerry Dugan

Wow. Yeah. I could see that army training a lot of times would put you in the state of what you would experience in that situation.

00:11:11 - Jay Fields

Yes.

00:11:11 - Jerry Dugan

So it's like, why do the drill sergeants yell at you so much? It's because you're going to feel stress in combat. So they get to that stress level, and then they teach you the stuff that you're going to do, all the muscle memory type of things.

00:11:22 - Jay Fields

Absolutely.

00:11:22 - Jerry Dugan

Yeah.

00:11:23 - Jay Fields

It reminds me of a client who is retired navy, and she's been trying to work out how her stress responses in civilian life are really go towards the fight response, because that was what she was trained. If you're in combat and you feel this kind of threat, you want to respond with force, and it comes out now in her work in nonprofits, and she's like, I don't like this. I don't like that I come out with this super gruff voice or where she's willing to, kind of not willing to. But what happens is she'll show more anger than she wants to, and it disrupts trust and relationships. And again, it's what you've been trained to do. We all have been trained to do something, and it's what comes out.

00:12:15 - Jerry Dugan

Yeah. In the military culture and in combat situations, we all understand that we get yelled at. It's not permanent. It's like in that moment, we have to let that command override everything else, and that kind of just breaks through all the noise. But, yeah, in the civilian world, it's the one thing that probably gets military veterans fired from leadership roles more than anything else, because it does not work out there. But under stress, that's what we'll go to. Like, get off your blah, blah, blah.

00:12:41 - Jay Fields

Absolutely.

00:12:42 - Jerry Dugan

You don't talk to us that way, and it's like, right or wrong, that person is gone because they broke some decorum and so on. So what are some of the things that people can do somatically to override. I think I got the analogy I was thinking of now. It's like when you're lifting something, you want to lift with your legs, not your back, because the legs are the bigger muscles, they're the more powerful one. Now I got it. Now I can go to sleep at night. Tonight, what was the thing I was going for? But, yeah, somatically. So we've talked about under stress, we're going to go to our defaults. We've got all this training that helps us talk through issues, manage conflict, maybe manage ourselves emotionally, but sometimes that's going to get overridden. And so what are

some of the techniques we can do where we are using the body, the 80% to communicate to the brain?

00:13:34 - Jay Fields

Well, in order to do that first, most people, myself included, need just some basic, to use your metaphor, like reps, like some just really easy things to get in touch with their body. Because I don't know about you, but I lives in my head a lot and it takes practice to get out of my head. And so checking in throughout the day with little things, like right now, can you feel where your body touches the chair that's supporting you? Right. Notice for me, my legs are crossed, so my left leg is touching my chair, my right leg isn't, and my back is touching more on the left side than on the right side. And it seems like a very small awareness to have. But suddenly I'm back in a body when I can do that. Or it's feeling your feet on the ground or noticing the temperature of your hands. Are they warm? Are they cool? Are they dry or are they sweaty? Noticing your energy level, noticing if you can feel the places where your clothing touches your skin. So stuff like that, where you just give yourself a check in every once in a while. Like, what is my body feeling like in this moment? Because without that bit of information, you don't have any connection whatsoever from there. Once you have connection, you might find that you have unpleasant feedback. Right? You might find, oh, my energy level is buzzing. I feel like I'm an eleven out of a ten right now, and it's unpleasant. So then you use that as information for like we did at the beginning. Maybe it's shaking, maybe it's getting up. And for me, I love checking the mail in the middle of the day because it's like, oh, I get to get up from my desk, I get to go outside, I get to take a couple big gulps of air, I get to smell what's happening in nature. Like things that are there to dissipate physical sensation. Because when we live only in our head, we get all this built up sensation from our neck down. And whether it's that revved eleven out of ten, or whether it's more like the kind of withdrawn or numb or turtle in a shell sort of thing, that sensation influences behavior and how we think about ourselves, how we think about other people, how we think about the world. And if you're not aware on just some basic levels of kind of, where are you on that scale of one to ten? And how do you get back to a five? Because in my mind, the five is regulated. That's your nervous system in that kind of balanced homeostasis where you're alert but not hyper, and you're kind of in your zone, as it were, at your best.

00:16:20 - Jerry Dugan

Wow. I'm thinking of all the times where either I was on jury duty or on a project, and the project leader or the judge said, let's take a recess, let's take 15 minutes. And usually at a heated moment or a stressful moment, and just to get away from where we are and get away from that setting, because all the tension and stress that's built up there, and then when you come back, you recharge. You're like, all right, I'm ready to tackle this. Or two. People might have been butting heads in that project meeting, and all of a sudden, after a break, they come together and they're like, hey, I was thinking during the break about your point of view, and I think that might work. And the other person's like, oh, I was coming back in to yell at you. While you're right, I agree with you.

00:17:06 - Jay Fields

That is such a great example, Jerry, of polyvagal theory and how that works. So the quick and dirty on polyvagal theory is that it's about the nervous system, how it works. Vagal response to

vagus nerve corresponds to vagus nerve, which is the longest nerve in our body, goes through our face and our neck, chest, and down into our gut. And the theory basically states that our nervous system has three major functions, not two, because we used to think of mobilize in terms of, like, fight, flight, right? Or immobilize in terms of freeze. So those are responses to, I feel in danger, I feel in threat. That makes sense. That's how we keep ourselves safe and survive. But a man came around in the. His name is Stephen Porges, and he discovered that there's this third major function, which is social engagement. And when our nervous system is not getting signs of danger or threat. When it feels safe, it can go into what's called social engagement. And in that place, we are more likely to say, hey, I've been thinking about this, and I have a different way of seeing this. Can we talk about it? We're more likely to see possibilities. We have more access to the part of our brain that's about communication and curiosity and creativity. We can connect. And all those things don't live in the mobilized or the immobilized place. They only live in social engagement, which is why it's so important to be able to read what your body feels like throughout the day. Because if you feel either mobilized or immobilized, you don't have access to that range where you can be socially engaged and connect with another human being in a way that you feel good about.

00:18:49 - Jerry Dugan

Oh, wow. Yeah. I never thought of that.

00:18:52 - Jay Fields

Yeah. I think polyvagal theory is so freaking cool because it really does take out a lot of the stigma we have around our behavior. If my nervous system is in that rev place, I'm not going to be a very pleasant person to be around. I'm going to be talking fast. I'm going to be multitasking, probably. I'm going to be quick tempered. I'm going to be short. And if I'm like that a lot of the time because of my nervous system feeling the stress response, I'm going to just start thinking, well, I'm just kind of a jerk, right? That's just kind of part of my personality, but it isn't. It's what my brain and person does in response to this very clear signal it's getting from my body. And if we can understand that and learn how to change the channel, we do get to come back to one of the things I say about my work is when people ask me what I do, I say, I help people, like, who they are in their relationships.

00:19:52 - Jerry Dugan

Oh, I love that.

00:19:54 - Jay Fields

That's what it is. Like if I'm mobilized or immobilized, I don't really have a good experience of me around you.

00:20:00 - Jerry Dugan

Yeah. Oh, man.

00:20:01 - Jay Fields

And that's a pain point for most people, whatever the specific flavor of that is.

00:20:06 - Jerry Dugan

Yeah. Oftentimes I've told my daughter or even my wife, when somebody's been a total jerk to them out in public or in a group setting, I'm like, they're knowing you, they're not really describing you or lashing out at you or reflecting your character. It sounds almost like they're showing you what they feel about themselves. The things that they're saying, the things they're projecting, the way they're coming at this situation, are a lot of what's going on within them, as opposed to what you actually brought to the situation or that scenario. And I could see that how we.

00:20:44 - Jay Fields

Experience ourselves influences the way we see other people, for sure, and the world the way we read it.

00:20:51 - Jerry Dugan

And so when we see that we're in that heightened state where we're not engaging well socially, is it that same process of being aware of where your body is touching the clothes and what you're feeling physically, that also helps recenter you? In a sense?

00:21:07 - Jay Fields

Yeah, it can be that. It's the get up, move around, go splash some water on your face. Anything that helps you stimulate your throat. Since the vagus nerve goes through your throat, the part of your vagus nerve that is associated with social engagement goes through your throat and face. Like humming, making sound, doing a. Wow. Just stimulating the vibration is just a little bit of a way of kind of tuning your nervous system a little bit. So you're not about, let's say if you're at a ten out of ten and you're aiming for five, which would be regulated, you're not necessarily by getting up and shaking your arms or toning your voice. You're not trying to get all the way back to a five. What you're trying to do is get to a nine and then an eight eventually, because this is about building trust with yourself that if you're in a certain state, you know how to move out of it. And we have this. Many of us are perfectionistic, and we feel like in order for this to me to be good at this and me to be doing this right, I have to be completely out of this state. But it really matters and it really counts if you can just dial it back a little bit, because that sends your brain the message, hey, you have control over this. This is not running you, you're running it. Another thing that I always tell people, though, that's part of this, using your body as a tool to kind of help you regulate your nervous system, is learning how to actually soothe yourself when it comes to your emotions. Because our emotions are how we read certain physical sensations. Right. If I get hot and tight, I'm going to read that as probably I'm angry. If I get that turny feeling in my stomach, I'm going to read that as I'm nervous. So we have sensations that we then turn into a mental concept of an emotion, and most of us ignore them. Or talk to ourself about them in a mean way, like, you know, Jay, if you weren't such a wimp about this, you wouldn't be feeling that way. Or buck up. Know, just ignore it. Keep going. So another way that we can really help regulate our nervous system is two things. One, naming the feeling we're having. There's a famous line by Dan Siegel. Name it to tame it. If I can say, if I can feel that tightness in my throat and that heat in my body and I can name to myself, I am angry right now, it actually helps to bring the part of the brain together that has higher thinking with the part of the brain that's having the emotion, and that helps to regulate yourself. So naming the feeling to yourself, and

then, and this is the kicker. This is the game changer, offering yourself some empathy for how you feel. And the best shortcut I've ever learned about this comes from the woman named Sarah Payton. She's an author, and she uses the two words, of course, as in, of course I feel this. So, right, you just smiled at me. There's like a sweetness to that. You don't have to like the way you feel. You don't have to accept it. You don't have to think, this is great. But you can say, of course, as in, I'm about to get in front of a microphone and speak to a lot of people. I'm nervous. Of course I'm nervous. I care about how this comes out. I care about how I serve people. That suddenly makes your feeling make sense to you. And our brains really like that. It's calming. It's like, oh, this isn't dissonant. When things don't make sense, that makes us like, yeah, but if you can make it make sense to you, it really helps to dial the intensity back.

00:25:01 - Jerry Dugan

I like that. And while you're talking about this, I'm thinking through my life of key social clashes and arguments I've had where I was very upset by a chain of events that led up to that moment of explosive anger, even where one of them, my wife doesn't listen to this, but I had an argument with my father in law a few months ago, and of course he's like, I didn't see why he got so mad. And I'm like, well, of course not. Because thinking through this now, I'm like, of course he didn't see why I got mad. He doesn't see where I got upset, because he was basically demanding my grown up daughter that she has to call him and made her feel guilty for not calling him for the last five years. It's like, you're a grown man. You could do it, too. Like, all that was going on in my head already, and then he went on and fat shamed my wife, and then he went on and made fun of our religious faith, and then he made fun of some other things. And all this within a two hour window where my wife said, be nice to him. And of course, I'm like, now the guy clearly is mistaking my being nice for weakness. And so finally, I was just like. I was mad. I'm like, you know what? I got to go for a walk. And I threw something down, and then he got upset with something I had said to him, and then he stood up to fight. I was like, oh, my gosh. Oh, we're really doing well. Of course we didn't fight, but I still walked out, and like, she said, Jerry, go for a walk. And I was like, okay, so I went for a walk, and I'm still upset. I'm like, but why was I upset? That's not the me I want to be. That was me because it came out. But it's not what I want to be known want. It's not how I want to treat people. And so I was already asking myself these questions, and then why was he like that? Well, he kind of really doesn't know better. Like, the guy has a lot of trouble with relationships to begin with. This is why he says and does these things, and no one's ever said anything to him about it because everybody says around him, just be nice to him. So he just keeps doing it. And this is probably the first time in his 70 some odd years somebody actually said something to him. May not be true. He might have been told a few more times, but, yeah. So he wound up leaving, and he went home many miles away. And Liv shared with me that they also talked after I left the place. And these were all new discoveries for him. Like, oh, I didn't realize he had this going on, that he had that going on, that this was a sore spot to talk about. And here I am making fun of it. He realized where he'd pushed buttons.

00:27:37 - Jay Fields

Well, it's interesting in your example there, which is a powerful example of when things get really emotional and intense in a family system where it feels high stakes. Your example, though, is you having empathy for him and you being able to say, of course he feels this way. I

understand why he would be acting that way. And this is what happens with my clients. A lot is we're used to being empathic for other people, even when we're upset, especially those of us who have maybe the strategy or like, the tendency to be the good person or the people pleaser. We will very easily go to, I'm going to understand that person, but to be able to go to, I'm going to understand me and I'm going to offer myself empathy. This sense of, of course I feel this way. Of course, that was. I imagine you were angry at times. I also imagine you were scared. Right. This is a high stakes situation, or here's this person in front of you who's really upset. So for you to be able to afterwards go for the walk and go, what was that like for me? And then I often imagine it as, like, hand on heart, like, of course that's how that was for me. And there's just this sweet kind of visceral. Many times people want to analyze, like, why do I feel this way? But that's different. That's a very heady thing than it is to go, of course I feel this way. There's like an acceptance piece of, oh, sweetie, of course. Why would you feel any other way?

00:29:15 - Jerry Dugan

Yeah. And that's the aha. Moment for me, that, oh, yeah, wow. Yeah. I probably still wouldn't have. I mean, he was gone by the time I got home, really. But in the moment, even if I been able to take that time to say, oh, of course, I'm feeling mad and upset about these things, I didn't. I was like, no, he's wrong, and bam, gate closed. This is my house. Get out. That was part of my rationale and a big part of it, because my wife and I talked for days, like, are you sure you didn't do anything? I was like, oh, no, I'm sure. I said some mean things and this is where I was coming from. But again, it was very heady. There was a lot of justification to it. There was sympathy for him. There was some empathy, but again, not empathizing for myself. Like, of course I felt this way. I was defending my daughter, right? I was defending my wife. I was defending our faith. I was defending the respect he should have for us as we've been extending to him. The only fear I might have had was the relationship between Olivia and her dad. If I do blow up at this guy, he's the kind of guy who's going to go back to being a hermit and blame us for it the rest of his life. And that would break my wife's heart. I don't want to do that to her. And it wound up happening, and it put her in a spot where she really had to think through what is healthy for her going forward.

00:30:47 - Jay Fields

These are the sort of situations that come up all the time with clients. And a big part of our work together is there's kind of three parts to how I work with people. The first part is being able to have a connection to your physical body. So, you know when you are getting dysregulated and you can do something about it. The second part of the work is really unpacking. What were some of the messages and ways you got trained to be a quote unquote good person? Right. So these are the things that started in childhood that are around, hey, this doesn't feel good to me. I don't feel safe. I feel a little threatened. So I'm going to take on this strategy so I can manage that. So for many of us, that's things like people pleasing or being the smartest person in the room, or whatever you learned is going to make you be okay, because that's part of unpacking behavior. And then the third part of the work that I do with people is language. And particularly learning the new language of relating, because most of us are used to being in strategy, because the strategy is what our nervous system, being dysregulated, sets off, a strategy. That's how we tend to be with one another. And if we're going to get out of that strategy, it actually sounds wholly different how we speak. And so a big part of what I do with people then, is taking

situations like this and going back and working with, okay, if you could have stayed regulated in that moment and you didn't go into your training to be a fighter, or you didn't go into your training to be a people pleaser, what could you have said that was very true and also kind and in alignment with who you know yourself to be? And this is where it comes around to so much of what I do with people is about helping them match their insides to their outsides. I love that, how I know myself to be on the inside. And what my experience is, is what matches how I present myself in the world. Because that matching is wholeness and health. That not matching creates the anxiety, social anxiety we feel around other people when we feel like what's arising inside of us doesn't match what's expected of us based upon our training. That's where I kind of help people dismantle that. That training might have felt like it is what kept you safe all these years, but it's also what keeps you out of alignment between your insides and your outsides.

00:33:19 - Jerry Dugan

Oh, I see. I think I see.

00:33:21 - Jay Fields

Yeah. It can be a little esoteric in the way it comes across.

00:33:26 - Jerry Dugan

Yeah. In a sense, the training is the conditioning that it seems to have worked for so long because that's what got us to this point. But there are moments, if not a lot of moments. There are at least some moments where that training or that frame of mind or that approach is not working for us.

00:33:46 - Jay Fields

Yes. Okay, well, I'll give you an example from me. I definitely got the training that it's my responsibility to make sure other people are comfortable. I do not get to make another person uncomfortable. That was, like, ingrained in me as a kid, which turns me into people pleaser, which then leads to I have no boundaries. Right. Because if I set a boundary with you, that's going to upset you, and then you're going to be uncomfortable, and I can't do that unspoken rule. But what that leads to is an adult life where I feel like, hey, what about me? Come on. There's the, oh, I'm just going to be so easy going and do whatever you need. But inside I'm like, come on. And it builds resentment or it builds just this apathy. Like, whatever. It's going to be your way anyway. Can you see what I mean there?

00:34:34 - Jerry Dugan

Yeah.

00:34:35 - Jay Fields

So there's this for me and for many of my clients, the insides. The value is I value me, and I want to have a life that feels true to me, but the behavior is based upon the old training, which is. But if you're going to do what feels good to you, Jay, and what's true for you, it's going to make Jerry uncomfortable. So you can't do the UN. You got to untangle the belief system first and then be able to work at the level of your nervous system. Because if I do say, hey, Jerry, I'm actually going to need to set a boundary with you. Talk about scared. Talk about nervous. My

nervous system is going to be like, red alert. Red alert. You cannot do this. Will cause danger. Right. So I'm going to have to learn how to be able to manage my nervous system so I can change my behavior. Does that make sense?

00:35:30 - Jerry Dugan

I think so, yeah. You got to have that awareness first, and then that's the beauty of having a playback, right? I can listen to, yes, I did get it. But I'm also thinking about a typical male response, especially in relationships. Like when there's a clash happening between the partners, whether it's husband and wife, two significant others. Where was I going with that question? Oh, the tendency for men to shut down. That's the thing that comes up a lot. There was a conflict between the partners and the husband. Shut down and isn't talking now for hours.

00:36:08 - Jay Fields

Right.

00:36:09 - Jerry Dugan

And that, to me, sounds like a trained response of some kind.

00:36:13 - Jay Fields

Yeah. So in terms of the nervous system, that would be an immobilization response. That's like the turtle in the shell. Like, okay, I'm just going to disconnect. And you can't get to me that usually this is kind of a classic line from therapy, but you show me a man who shuts down, and I'll show you a man who had an intrusive parent, usually a mother. Right. If they need space and the person just keeps coming at them, they're going to just disconnect entirely. And this is a common theme that I see in the couples I work with, whether it's the man doing it, the woman doing it, same sex couples, whatever it is, there's a sense of, if you're going to just keep coming at me, but we have to talk now, and I'm not in that place, and I can't actually be in my present, in my body, and communicate, because one way to say that would be, you know what? I'm feeling overwhelmed right now. Right now. Can you give me 20 minutes and then I'll be able to talk to you? But that only happens if you can catch the sensation happening in your body. Regulate yourself enough to not be the turtle in the shell, to then be able to communicate in a way like, hey, this isn't working for me, but I want to talk with you. Can we do this differently, man? So it's slowing things down a little bit.

00:37:34 - Jerry Dugan

Yeah. And you probably just add another 20 years to my marriage. So thank you.

00:37:39 - Jay Fields

You're welcome.

00:37:42 - Jerry Dugan

It's something that's taken a long time for me personally to get around, and I still don't always do it, but 22 years, my wife has gotten much better at. He needs that space because she used to actually say, no, we got to talk about this now. And I'm like, I'm not ready. Sure.

00:37:58 - Jay Fields

They walk from room to room.

00:38:00 - Jerry Dugan

Yes. And I'm like, why are you doing this? This is, like our first few years of marriage. And eventually, when things did calm down, there was one time where she explained, like, why can't you just talk this through? And I'm like, when I'm at that state, I'm not even thinking in words. I'm thinking in growls, grunts, and emotion. And I don't know how to bring it all together. And I need time to come off of that so that my brain reengages and I remember words again. And she's like, that's so weird. I'm like, for you? Yes, for me, it's all I've ever known. Now fast forward to year 21 22. Anytime we've had some kind of frustration or disagreement, she just lets me do my own thing for a good 2030 minutes. Now, the moment I rear my head out, she's not going to let me get away with. So how are things? What's up, bro? None of that. We have that talk, so she knows, like, okay, he's ready, so we'll have a conversation. And she still puts at the tail end because she's got hope for me that she's like, I'd love for you to get to a place where you can talk this out instead of just storming off to your room. Or my home office is my room. And I'm like, yeah, someday we'll get there. Thank you for your patience.

00:39:18 - Jay Fields

You know what? You might not, but you might be able to get to the place of saying, I'm overwhelmed right now. Give me 20 minutes.

00:39:25 - Jerry Dugan

That'd be a huge win.

00:39:26 - Jay Fields

Yeah, right? It probably surprised her, though, storming off.

00:39:29 - Jerry Dugan

Yeah.

00:39:30 - Jay Fields

Pardon me?

00:39:31 - Jerry Dugan

I said, that might surprise her, though. She might think I got taken over by an alien or something.

00:39:34 - Jay Fields

Oh, my gosh. She might just grab you right there and give you a kiss, and then you're no longer fighting. She'd be like, what? Where did that come from?

00:39:41 - Jerry Dugan

And we're no longer empty nesters.

00:39:43 - Jay Fields

Exactly.

00:39:46 - Jerry Dugan

Awesome. Now, before we go, if people want to reach out to you and say, man, this is deep, I need this for my own life, how can people reach out to you, Jay?

00:39:54 - Jay Fields

My website is the best way to do that. It's Jfields.com, so J-A-Y-F-I-E-L-D s.com. And if you do the backslash join. That's how you get on my newsletter, which is where I send out weekly kind of tips and stories based on this, how it plays out, and give links to my courses. That's all on my website, too. I have four courses on LinkedIn learning, and that's a great place to start with some of the basics around embodied self awareness. How do you get there? Polyvagal theory. How do you actually make your own plan for regulating your nervous system? And then I have a course on confidence and a course on expressing needs.

00:40:35 - Jerry Dugan

Oh, wow. Sounds like I got to.

00:40:38 - Jay Fields

Whenever I tell people the four courses I have and what they're on, they're like, I need that. I'm like, yeah, pretty much every human needs these courses, so that's a great place to start.

00:40:47 - Jerry Dugan

Awesome. Fantastic. And then before we go, any final words of wisdom?

00:40:51 - Jay Fields

Oh, my gosh. Words of wisdom. I started thinking of something jokingly in my head.

00:40:58 - Jerry Dugan

You sound like me.

00:41:00 - Jay Fields

I was like, I'm thinking, like, never have a hard conversation when you're hungry because it's almost lunchtime. I'm like, oh, yeah, I don't think well when I'm hungry. Words of wisdom. I would say, based on what we've been talking about, it's building a relationship of trust with yourself requires that you be in your body. So start finding the ways that you can feel, even for 10 seconds at a time, that you've got a body again, because this is how you start to inhabit yourself in a way that feels that you get to be at home in yourself.

00:41:35 - Jerry Dugan

Awesome. I love that, Jay, I'm glad we got to have this conversation. We planned this months ago, folks, and then we looked up, we're like, oh, wow, it's now. So I love that. Look forward to staying in touch with you. And I got a couple more courses to sign up for on LinkedIn there. So thank you so much.

00:41:55 - Jay Fields

Sweet. Thanks, Jerry.

00:41:57 - Jerry Dugan

Now, I hope you got a lot out of that conversation like I did, and I would love to hear from you. What did you apply from this conversation with Jay? Now, if you want some more resources like that course she mentioned, I think she mentioned a couple of them. Just check out the show notes@beyondtherut.com. 40 two. There you'll find links to her website, her LinkedIn courses, and a few other resources to help you change your mindset and achieve those goals so that you create a life worth living in your faith, family, and career. Now, if you liked this episode, the best way you could pay me back is to pay it forward. So just hit the share button on however you're listening to this right now and share this on your social media. Maybe send it directly to a friend, a family member, a coworker, or that neighbor across the street. Just share it. Get the word out there. Why keep it to yourself? And what kind of jerk are you? Don't be that guy. Share it with somebody you think would really find some value in this and help change their lives. I'm not saying I'm the end all, be all for you. I'm just saying that I like to bring together people who are brilliant. A lot of them are smarter than me, and they help me grow as well as my listeners. So pay it forward. Share this with somebody you know. And at the same time, while you're doing that or after you do that, go live life beyond the rut, guys, and I'll see you on the next episode. Take care, guys.