



LYNN GROGAN

COACHING

Reality Show Life Coach Podcast
Episode 10
Lynn Grogan (Host) & Carrie Marshall (Special Guest)

Unedited Transcript

all right welcome back to The Bachelor life coach podcast I'm your host Lynn Grogan and today we're talking about season 24 episode 10 of The Bachelor which is coincidentally episode 10 of this podcast and today I have with me I'm so excited for this I have Carrie Marshall only fun hi all the people about yourself Carrie hi all the people I'm so excited to be here today my name's Carrie Marshall and I'm a certified life coach through the life coach school and I get the opportunity to coach all the dudes so my niece is I coach men mostly business professionals and CEOs who have amazing success at work but they might struggle a little bit in their personal lives and that's why they come and find me yes yes and you've also coached me before and I have like a girl crush on you which now you know about coz I'm telling you live yeah I may also get to contract for the life coach school so I get to like coach amazing people like you and coaching is just really my jam I just love it so much and look at it well thanks so much you know it's really fun to be able to just coach and The Bachelor let me tell you I am just pretty sure that they need to hire a life coach like one of us like yesterday exactly like yesterday like three seasons ago it just needs to happen I know well we're like the enemy I feel like life coaches would be the enemy of this show totally the producers would not like us at all they would be like listen you're doing the exact opposite of what we do exactly and did you see though the announcement this week that the next Bachelorette is 38 years old I did yeah and that they're going to have kind of the older contestants which I think it's gonna be really interesting to kind of get that different vibe in there and

38 years old I think that she's ready to go you know she's actually on the hunt looking for somebody for life so that'll be for life I know it's like it's funny because I feel like they're gonna call her like geriatric like when we go to like the OB and they're just like oh you're at the geriatric agent I'm like what the hell like what what is happening I know what is happening so I'm like I'm her age so I'm excited cuz I'm like oh this is gonna be more interesting I'm nice I don't know this whole seasons been super fun to do the podcast but like I'm excited to just explore the brains of slightly more mature brains yeah and it's really fun that it is that 38 year old because I think when I was thinking Carries Bachelor Journey back on my pot on my bachelor journey I was like oh I started watching it when I was this age so 38 I'm like oh you're gonna get all of us that maybe have like fallen off a little bit of watching The Bachelor gonna totally be back in it like yes 38 let's do this wait tell me about your bachelor journey how long have you been watching so I started watching the very first season of course and watched like religiously four five six seasons and then as I got older and I got married and started having kids I was like yeah you know just a little bit too much drama for this mama so I stopped watching and then kind of picked it up the last season so amazing wait was I the bad influence that got you back into the bachelor absolutely absolutely this is my goal in life at some point it's gonna be infiltrated all across every life coach everywhere it's gonna be so not oh my gosh so let's talk about this show we're gonna do a recap Alex oh yeah we had the women tell all but it wasn't just that they showed they started out with the rose ceremony in Australia Peters down to three ladies so we had Hannah and Madison Victoria F and Peter let's Victoria F go she's not surprising not at all surprising he got what he wanted out of that one that's how I kind of saw it right she was fantasy sweet material but maybe not wife material just totally was absolutely absolutely so he was like thank you next yeah exactly it's like and you don't get a rose um and so then you know we transition back into the studio where they have the women tell all where um you know they go through some of the key highlights like I think the whole purpose of this is just for them to like recap the season so we remember what happens through the bickering of ladies and so they talked about like Alea and her fakeness they talked about champagne gay they talked about McKenna they bring Tammy on to like bicker about everything nothing gets resolved it's basically this cacophony of noise with nobody running the very good five minutes no that's the

crazy thing yeah no one runs the show it's just like here you go ladies how about it I think a little but it's like
the producers going oh you want to know what it's like to be us here you go and so we gotta say no thank you yeah
and then we have hot seats with Kelsey and Victoria F we see Peter and Chris go in party crashed some bachelor nation parties which which can I tell you just from my perspective I'll actually love
Bachelor Nation
bachelor nation because as I was watching it over again and seeing them crush these parties I had this really
like thing of the example of this looks a lot like a Super Bowl party right and so it's like I you know as I coach men and we talked so much about sports as they went into bachelor nation I was
like look this is like every Monday night for most men we dress up with our favorite sports jerseys we're doing all of the things we get all of our friends together and then we talk about the game
and I was like look we're just as bachelor nation we're just getting together talking about the game I know
this is such an upgrade for me so like back in high school I had dude friends and they always wanted to watch WWF on
Mondays yes so I don't know if humans know about this I'm like I used to watch so much wrestling I'm like the rock was
big at the time so it was good but this is an upgrade for me for sure yeah yeah
so it's just Monday night whatever game it is whether it's football or bachelor doesn't matter it's all just getting
together with our friends having something to talk about I know and I've never been to like a bachelor party like one of these part
like show stop it right now I know but I travel full time it's just like kind of hard I would have to do like what Peter
and and Chris we're doing which is just basically find randos and crash them so maybe that's my next like Craigslist
find I'll just find like for sure sure or Eventbrite we're gonna find an event bright for you that's like bachelor
party yes so if you're listening to this please I am like headed towards Reno
please find Lynne please find me and then we wrap up on like this kind of sobering note where Rachel Lindsay comes on and reads some of the hate mail that she and others have gotten which I thought was actually an interesting move for the franchise because you know there was all
this backstory with Victoria F and how she had participated in white lives matter campaign and so I thought this
was an interesting way to address it without even talking about Victoria F but just being like hey here's the other side of it here's what it is just
bringing awareness everyone and what's happening I thought it was a cool move on their part what did you think I did

Expose Yourself

too I think that that's the part that so many of us don't see is like what happens after so many of these women go

home you know we all see like they're amazing Instagram posts and everything like that but there's always this other

side of it which is when you expose yourself the exposure doesn't come just for the good of like whatever it's gonna

mean for your life there's also all of these other aspects that come into it so I thought it was a really great move on

the franchise's part yeah yeah I had no idea like I assumed that they were

getting like some trolls along the way but I mean how can we know unless we were in their shoes so yeah I thought

that was a really interesting move and you're totally right like we have no idea what happens after it but people have lots of opinions including this

show like including this podcasts a pain absolutely totally absolutely well on that note shall we coach Carrie let's do

it alright so ok so we're gonna start back at that rose ceremony where Peter

gives Victoria F the axe and he keeps Madison and so I thought this was like

so interesting for Peter because um he usually just goes for the girls that have given him validation along the way

who have said either that they're in love with him or they really want to be with him but obviously we see some reluctance and hesitation on Madison's

part but Peter stoked like so into her that he keeps her and you had Anna more

importantly an interesting note when we were kind of collaborating on this do you want to share that yeah absolutely

Peoplepleasing Peter

so I have the nickname for Peter this whole season that's called people-pleasing Peter he is so desperate

for other people's validation and that's what he's really seeking he even says it is what I want is validation I

so he goes around and it's interesting to kind of see the different sides of Peter and it's I am always looking like

who's he people-pleasing today or for this scene he says things and then I'm like oh it must be people-pleasing for

the producers he really wants to make sure that he's doing the right thing for them and then he talks to Chris and it's

like really people-pleasing for Chris of am i doing the right thing Chris I don't know what do you think and then when

he's with the women it's the same thing mm-hm and so it was really interesting with his relationship with Madison that

he's being vulnerable there he's asking her during that of like are you sure

when he gives her the rose and she says yeah he's like are you sure he's so unsure himself about Madison because

there's not the people-pleasing with her he's not getting the validation that he has with the other women yeah so why do you think he did this right because he could have gone with Victoria F who was all-in at that point she finally decided she was all-in um but Madison I mean she walked away they didn't have their fantasy suite moment like what do you think changed for him that he was able to kind of I make that there's something yeah I think there's something with that relationship there I think that his thoughts with Peters vulnerability Madison as much as he he has or she hasn't given him that um validation at the other women have I think that there's something about the relationship in itself that feels different for him that he is willing to go out on a limb for her where the other women it's kind of like almost the same type of things they give them the validation they know that they love him he knows that he's kind of their number one where with her I think he's always kind of like there's something different here and he's still trying to figure it out yeah yeah and like giving it a chance to figure it out and I mean for her to she obviously didn't walk away and stay away she came back and so I do think like you touching on that like moment of vulnerability I think that is important here because this is the thing that Peters been afraid of this whole time of being exposed to picking someone who may not pick him ACK which is very much Madison right now right exactly so that's where I saw that vulnerability come in it is the time that he's so unsure his hands are shaking as he has the rose and he's saying Madison's name I thought that was so fascinating he's that vulnerable that he was willing to say that and he didn't know if it was a yes or no I think every other time he's known that it's gonna be a yes yeah he hasn't that yeah totally like there's never been a hesitation it's all like oh you're gonna accept this rose like he didn't even need to say it with most other people but he needed to say it with her yeah I thought it was like I thought that was a really interesting moment for him and for both of their relationships like okay where is this gonna go for them like that's why I'm so curious for next week because they keep telling us over and over again we don't know what to expect and I have a feeling it has something to do with Madison but is this something that you see in your male clients like this people-pleasing side because I often associate people-pleasing with women and so it's been so interesting to see it played out for men yeah absolutely people-pleasing definitely isn't

something that is just for one like girls or women it's not something that just women do
people-pleasing is
definitely something across the board and we see it with men it just comes in a different form
so people-pleasing comes for in jobs you see this a lot of like going after it
but they do it just a different way and so and so being able to see like what
ways people Peter sir searching for validation and what way do we search for
validation through jobs so you see this really often with men of searching for
the validation the people-pleasing through their jobs and through recognition at their work mmm
do you
think Peter thinks of being in The Bachelor as a job I think he does I
think he does I like I said as before you can see that he does some people
pleasing for both the producers and Chris and so I actually do think that he
sees it as a job yeah yeah cuz as you were saying that I was just like oh right he has this job
and they get paid
for it they get paid at least hundred K so how could you not see it as some what is a job like I
have to
perform right and then for all these women it's like okay he's performing for them like I wonder
how often he just
kind of drops his guard like sometimes you see a little like bloopers where you're like oh that's
what Peter's really like but ungodly and so that's
Performance
why I think yeah that's why I think the performance thing comes in for the job is you know you
see some things and it's
like oh he's trying really hard right now to do what he thinks the producers
want instead of just being himself like you said the bloopers you kind of see that actual Peter
come out and so I do
think that it's more of a performance a job for him when I think that uh like what makes it so
challenging for a lot
of people as there is a lot of reward involved in that type of people-pleasing like you probably
would get the covers
it came to my mind was upgrade but um promotion at work you'd get the promotion at work you
would get you know like probably more money is like more
recognition more this more that so it seems like on the one hand you're going
against maybe some of your wishes but the people-pleasing might also allow align with what
you want too so yeah
well that's how people pleasing is right as you always we don't just people please for other
people we actually
People Pleasing
always get something back in return whether it's validation something monetary like money from
a
raise something like that so that's why people pleasing is something that we see so often in so
many different people
it's because we actually get something in return but the hard part about that is then we're not
getting it from ourselves

right Peter doesn't have self-confidence where he just knows that no matter what he does he can have confidence in himself and like really happy zone back yeah yeah so it's like what could even do at this point like how could he help himself you know I think that it really does start with just knowing that there's nothing that you can do that's going to actually hurt who you are with your worth I think it really does come down to knowing that your value and your worth is just something that's innate and then the other thing with people pleasing is asking yourself the question of if everything's an option for me what do I decide to do not based on other people's opinions okay yeah and I think that's interesting too because it's like they don't really have outside feedback at this point they have producers and so which are not their family which are not their friends so really it's just like okay if I don't want what the producers want then they kind of do have to go back to what they want and that might be one of the first times that they've ever considered that for themselves so maybe that's what Peter's doing here kind of just like okay I'm not trying to make good TV anymore now I'm trying to pick absolutely absolutely Oh Pierre well let's move on to number two which is the hot mess which is this woman tall like this is the part I don't like it's just the noise of it like they're all just screaming feather noise so much noise I think I'm always so surprised that they're still so mad at each other like this is the part I don't get not all of the people like Kelsey and Victoria have seemed to kind of be staying out of it um but the rest of them very much seemed alive in the drama in the same way they were on the show like I'm like how are we still in the show in quotes like why you know why does it matter at this point they don't need to be friends with each other like why do you think they're still so up in each other's business I think because

The Victim

they still get to be part of the story when they're up in each other's business so you know when they drop the drama and they drop like you said any of these experiences or things that they had in like problems with the other women then it's like they move on from there from the experience they move on into their own life but when they stay with this conflict with each other they continue to get to be number one part of the story number two they get to have a villain and then they get to be the victim mm-hmm yeah which I mean almost all of them were just like vying for that victim role nobody wanted to be violently oh absolutely and you see that a lot with victims it's almost like they're willing to do so much to continue to hold on to being the victim oh so I would guess that most of these

women would be doing this in the regular their day to day lives as well and they're probably getting a lot of validation for that back home just like
oh I saw how they edited you like that was not good I can't believe she did that to you exactly and the more
validation the more that they're like ya see it really is something that happened to me instead of taking
ownership of it I'm like no this is how I showed up there's no victim there's no villain it's just an experience but they
still get to hold on to it and and continue to play it over and over in their in their life not only for this
experience but like you said probably outside of it as well yeah totally what did you just like think of this section of the show like
when you're watching it as a viewer I just like you said it sounds like just a lot of noise to me it reminds me of
Hawai I probably had a lot of guy friends in high school you call it my
coach men absolutely cuz I when I watch that I'm just like it's like watching
like a circus for me I'm like what is happening yeah like I just sometimes I don't even get it because that type of
interactions with each other I just never have really been part of and so it fascinates me but in the weirdest like
it's a car wreck type of a way almost a car wreck I know and like I also is quite interested that the drama has not evolved at all it's still the same dramas on the show I
thought for sure
they'd be sending each other dams and we'd like have like move forward in the drama story but how is it that they're
still in the same like pile of poo of the same drama that they have I think
The Drama
because they're still getting ammunition from it it's still something that's like stoking the fire like they're still
getting that validation like you said people are still interested in it people are probably still talking to them about it and so it's still something that is very relevant in their
life even though
everybody else has moved on even though they're actually living outside of The Bachelor but they're still getting the
validation from outside sources that it is something that's still relevant yeah and so like I thought like throughout
that whole scene they kept trying to draw in both Victoria F and Kelsey and they weren't like really into it no like
why do you think they stayed out but the other women were like really a dick
Toria F surprised me yeah women tell all I was like who is this person she showed
up so much more almost aware of herself and so I think
that it was almost a self-awareness of like you know what I'm just not part of this it's not part of I
think it was the
just that belief for in herself that maybe that was that she was past that mmm

Oh like she is in a different part of the story she's actually moved on where do the other people have not exactly exactly she's like in the next chapter she's like yeah that was for you guys but I'm over here I also just wonder if she wants to be past this whole story of her life I mean she's probably had a really rough go of things um after the show just with like being accused of ripping apart marriages I mean the whole white lives matter thing which I still don't fully understand what I don't know but um she seems like she's probably just like okay let's put the bachelor behind us whereas everybody wants to still be a part of things kelsey seems like she's got her feet in both camps like maybe I want to have trauma but maybe I also want to be like poster child for emotions or something a little bit but um yeah I I just thought this whole section was interesting and um you know and I think if you asked all of them like do you want to stay in this victim role like they would say no because they think that that would be the right thing to say or that they're not a victim at all but I think secretly they like because of the story and wanting to be a part of like the whole scene that is bachelor they want to be remembered yeah and you get down it comes down to yeah you get to be remembered it's like you might say that of would you want to move on and they'd say yes but then they're gonna go and call their girlfriends and talk about it more and when people talk about it they're not going to move on from it they're gonna be like get right back in it with them yeah I also wonder - I'm just thinking about this it's like if there is some motivation for them to be dramatic like if the producers are like oh well we're still deciding on who's gonna go to bachelor in paradise so if you really yeah and when you see that of like what is in it for them well when you have the drama you're actually the one that the camera is on the majority of the time yeah yeah and then people get to form opinions of you good or bad it just makes it there like I guess if they make for good TV on that women tell all then they're more likely to have the rewards of bachelor in paradise so exactly make sense to me um well let's move on I just I do want to talk about the role of Chris Harrison throughout the whole season like I'm not podcast we haven't really talked about him at all because he's kind of like this bystander but he does play an interesting role he plays a big Chris Harrison role and that's why he is stuck around for all of the bachelor seasons because he does so well at his job yeah what is his job yeah I was gonna say I think his job is a couple of different things number one he's really bit good at being the neutral space for everyone so he has and

he does a really good job of not showing if he has favorites in the moment but then he's also the confidante for the bachelor himself and so you see Chris really be there for Peter in so many different areas and even when Peter and Chris were talking about Madison and what to do Peter brilli Oh opens up to Chris and there's a trust there between the two of them and so it's almost like Chris is playing a coach he's really good at holding space he's really good at being neutral for a lot of different people and so so that's why I think Chris plays such an important role to everyone in The Bachelor yeah I think the whole idea of him not being on sides is key where you know you can go to him for anything and then it's kind of safe he's kind of like the dad he's a coach but also kind of a dad role like if you take a step back he is sort of an interesting pick for a host of a show like this because it's like okay we have 20-somethings trying to date each other and then here you have this like middle-aged man in a suit who's kind of like a Southern gentleman sort of um like how do we get to Chris Harrison in a show like this but somehow it just works it just works that's the thing with Chris Harrison is it just works for him I think like you said being the neutral space I love actually watching him interact with all of the women because you can see that there's actually a relationship even between them because how he treats each of them is so different when he's interacting with them some of them he gives a big hug to some of them he gives this knowing look like they've already had a conversation about what's going on so I really do think that Chris does not only a lot on screen but off screen as well yeah like he's sort of like you trust him whereas they might stop trusting their producers like he's somebody that doesn't seem like he has an agenda with them that he's just there I mean his presence often reminds me of a very good waiter at your table like a server coming over and just like knows exactly the right moment to show up and ask if you need anything what else is going on and then he just kind of floats away like you notice him um I mean sometimes his presence does mean something to them like if he shows up at weird times but mostly like he's a very steady Eddy he shows up exactly when he's supposed to he leaves when he's supposed to yes very neutral and just like during the women tell all you just see him sitting there it's almost like he had a timer on or something like he just sits and just listens and I mean very neutral for most of it you can see a couple times where he like raises his eyebrows or whatever but most of the time he just sits and he's just buried they're like they're just holding space as the women do their thing and talk to each other yeah and he's really good at being um

not a big personality because they need the bachelor or the Bachelorette to be the big personality so I've always thought that's interesting about him like how do you find that balance my audios doing something weird how do you find the balance between like being the face of the show but also not being the face of the show it's like so fascinating to me absolutely fascinating I think that he knows exactly why the show sells and why it's so important for so many people and that he knows that that's not his job I think it's almost like a pressure off of him to not have to be the thing that's in the middle of everything but he knows that it doesn't really work without him and so I do think that he's figured out just that exact balance of it's not about me but it absolutely works because of me yeah how do you think he isn't creepy because I've never found him to be creepy at all but like a lot of people could be in that role and get kind of creepy absolutely I think it goes back to the neutral part of it like if you were to be having opinions about all the women that would be creepy and would be like in right if he was on screen saying things about different women and it would just get creepy so I think that being the neutral space is why he's so good at just like you said being kind of the waiter the dad figure all of that on the show so interesting I feel like I'm gonna start watching him more on upcoming seasons because I just don't like how does he do that it's like it seems so simple like anybody could step in and do it but really no you have to like kind of check your ego at the door for that type of role it's like watching a really good coach I mean you and I have both been in spaces with really Coachable Moments phenomenal coaches that's how I thought I see Chris I'm like wow like how is he doing it what are his techniques how does he you know work with so many different people different personalities it's just the same of watching a really good phenomenal coach yeah you watch them and it's like wow how are they doing this how do they hold space like this how are they staying so neutral it's just one of those things I think that comes with both experience and then a little bit of expertise as well yeah he makes it look easy I mean I think especially well we can move on to like coachable moment number four which is like we have all these hot seats where you know they bring a Peter and Kelsey and Victoria F and I just thought was so interesting and we've touched on this a little bit is that like who are these people like they seem so different than they were on

the show they seem calmer they've watched the show back and like I was it particularly like surprised by Kelsey like how she was able to laugh at herself and all the things that happened I was just like wait a minute like she was so unable to do that on the show and now she was like well of course like this is hilarious um like that was wild to me that they were just all so self-aware did you know crazy yeah oh it was it was like you said it was like night and day of like are these the same people and and I think that a lot of that comes from getting back into your own environment I think that when you're in The Bachelor or something like that where you're around all the producers and the other since and all of it it is like so intense and you kind of almost it's like switching reality right it's like you're almost in a virtual reality of The Bachelor because everything is so intense and so I think removing the contestants from you know and watching it over again watching with family other people's opinions that you trust I think that that almost helps with the self-awareness of like oh yeah that was just that one moment that one experience but this is maybe who I really am or how I'm processing it a little different I can see that that was maybe even not me and maybe this is who I really am but yeah completely different Victoria F and Kelsey especially totally I mean I didn't if I think what was interesting about that part is it wasn't just like oh well they were playing such a role on the show and now they're their true selves it really was like eye opening to me to see how humans can act so differently when they're in high pressured situations getting very little sleep in an environment that's just so wildly different than their everyday and how they show up because it's like I think we all have that at some point in our lives like just hit the fan and then how do you react and then when you do get a moment to breathe and look back at it you're like who was that person and for a lot of people that can like invoke a lot of shame for them or you know they want to hide that part of their lives or avoid it completely thinking about it but for these like these three it's completely unavoidable like they had to watch it they had to watch the show back I mean they didn't they could have chosen not to but it would be kind of hard not to desist to see what they were like and so for all of them they could have dropped into this deep shame and I didn't get that impression at all from any of them Victoria F no I really got kind of almost like an ownership of it you know like when

Victoria F was talking she was just very much like self-aware about like oh I can see that if I would have accepted Peters love this would have gone differently you know she just was very much taking ownership of how she showed up like you said with no shame but just kind of like yeah I could see what happened there and and I wish I would have done it differently yeah I was almost like a gift to her because I'm sure she does this in every single relationship she's ever been in but nobody's like hey I filmed you for the last six weeks do you want to see how you show up in relationships um and so she could have totally shut down and not seen that but obviously she was open to seeing it at least a little bit and it seemed like it was kind of helpful for her a little bit um but then we also get like this interesting interaction with Kelsey and you picked up on this and I've been thinking this the whole season too about her any emotions yeah like I just thought it was so crazy that they were like okay we're gonna have this moment with Kelsey and we're going to celebrate that now she is the poster child of emotional adulthood or you know taking her emotions and feeling them and I was like what is happening here because there's a difference between what we know as coaches is reacting to emotion versus processing emotion and what I see Kelsey do so often is reactive emotions right everything is big everything is hard everything is so drawn out but is that really emotional adulthood I don't think so no I never got the impression there of like oh that's how you do it cool that's a good example I would totally show my clients that like no never because it was just yeah it was a lot of reaction um and so I think it's easy to I can miss identify tiers as being like a processing of emotion which always it can be totally it can be but for her it was like coming from that kind of extreme reaction without actually processing anything just kind of like a lashing out like a outburst of sorts which is like May for her a step in the right direction but there's still more to go and almost by awarding this it's like saying okay you're good you're Emotional Shaming all good absolutely well the one thing that Ashley did say during that segment that I really did appreciate what she said there is no place in this world for emotional shaming and that I a hundred percent of notice I do think that that is something especially with my male clients that I see so often of not being allowed to experience and process all emotion and so we really do in a sour Society have emotions that are seen as bad or good for different individuals to have and I don't think that that a hundred percent agree emotional shaming there is no place in it in this and

where we're going and so to really work on that I think is important but to do it in the right way and like I said not seeing that Kelsey is maybe the poster child for for this emotional uprising or whatever you want to call it that we want to have but to really see that there is a way of accepting our emotions and that it's great for all of us to be able to do that that's how we really as a society start to work on our emotional intelligence is allowing other people to have the process and process emotions how they need to mmm well and I think if anything though it does start the conversation like she showing emotions and having people's like have so many strong reactions to her um did start the conversation and what does it mean to have an emotion what does it mean to process the emotion what are the different ways like there's been times a few times throughout the season where they're like well I journal and I do this and I do that and so it suggests that there's lots of different ways you can do it and there are there totally are but like getting to that emotional adulthood state of mind and being able to process in that way is it goes a little bit beyond what we're saying Kelsey do absolutely but like you said a great way of actually opening up the conversation yeah totally which I think brings us like kind of right into number five which is this really interesting powerful moment that we kind of are talked about with Rachel Lindsay at the end who you know Rachel Lindsay previous Bachelorette she comes on to read some comments that have been shared on social media which I think they call Kate hate mail on the show like hate comments um and you know and so we see most of the people that they like close-ups on in tears I was in tears at that moment I just thought it was like pretty raw for TV like I see the eye opening yeah totally eye-opening yeah um I guess my biggest question for you is how you coach people on this because you know we hear about this I'm like oh my gosh this is so terrible you're being totally in victim mode but it doesn't help somebody empower themselves and so luckily like I don't really what it is well the first thing is that we know that people are allowed to do whatever they want to they can say and do whatever they want to and so that's sometimes where I like to start with my clients is other people are allowed to show up how they want to but it really is deciding for ourselves what we want to make those words mean they're they really are if we're going to say neutral people's words are neutral and what we really want to do though is decide what do I want to think Decide and feel about this because like you and I were just saying with when they were reading the comments I really honestly

didn't want to see some of those comments as neutral as they were reading them so I was like you know what this is an opportunity for me to really check in with myself and I was like yeah I put it be okay with that no and that's that's the opportunity I think that we give our clients when things like this happen is we give them the opportunity to choose and then it doesn't have to always be one way they don't always have to see something like that and do the action that they think right they don't have to react a certain way they really do get to decide and I think that that's where the power lies is deciding for yourself what you want to do when that happens

hmm yeah cuz I think that's where people get really confused or upset like in coaching it's just like well wait why do you want me to see this as neutral just like just let anything bad happen to me and did it you know like

it's like that and I totally hear where they're coming from right but I think that's where we get to the point where you just say okay like we can see these words as neutral but you can also decide that you don't want them in your life and that's where you can set up a boundary like if you do this I'm gonna do that and you had a nice note here that just said you know boundaries like they actually talked about boundaries here yeah the women's yeah the women

Boundaries started to say right then like they talked about yes we're getting these and one of the women said I've just set up for my filter that if there's any of these type of words it filters them out so that was her setting a boundary with her social media she just decided to set the filter up that if these certain words are in my DMS they will not even make it into my DM they'll just be completely filtered out that's a boundary she's taking care of herself she's not telling other people that they can't DM her or email her but what she's doing is protecting herself so she's saying I'm gonna go ahead and take care of myself here which is how a boundary works yeah yeah and it doesn't have to come from this place of drama it doesn't have to be in reaction to it can just be like hey you know what I would prefer that somebody not telling me to kill myself every day so I'm gonna set up a filter for that it's the same way that you know like gmail has given us the option to report spam rate like I don't want to see this I have a tool here like I don't have to respond to this DM saying no you're a terrible person for saying this I don't have to get into like a defensive mode with them yeah I can just go ahead and say like I prefer

front prefer not to um and so I thought it was awesome that they showed it on here and they sort of I guess had a tool for people to help but it's like it's like almost like okay now we see this but what are we gonna you know how can we take care of ourselves through this and so I guess that's what our conversation here today is like okay what is next what can you do which is like really work to see the words as neutral and then decide what you want to think and feel about it right and I think that it really does come back to Your power is your own like citing that your power is your own I think that that's the thing is when these type of things happen it feels so powerless I mean a lot I've had a lot of clients say that I just feel so powerless what can I do and I'm like that's where we really want to decide and remind ourselves that we do have options available we have options of how we want to think and feel about this and it doesn't always have to be one certain way totally yeah I think like I used to work in software before I was a coach and there was a lot of like women and software and how like there are it was basically victim culture they're like okay all these things are happening to us by these white guys and hoodies and it was pretty rare to have somebody come forward and be like no no here are some tools to help empower yourself like you don't have to wait for somebody else's permission to like step into your power and figure out how you want to perfect show up in these moments and so that's what I think is like wow I wish like I would have had a coaching at that time because it would have given me all these tools to help in that way but I mean I do think this is an interesting first step just making people aware cuz that's the first step in anything it's just like okay we're aware that this is going on and now we can see it we can see it more often and I think have a lot more compassion for these contestants like what they're going through and they probably didn't know what they were signing up for necessarily yeah and I Compassion think you're right I think even just how you and I talked about how we were shocked that this was what was happening I think that it really does start the conversation of like oh wow these are real people that are getting these terrible emails and DMS and things just for being on a show and that's it that's all that that happened and so I do think that it is kind of a little bit more awareness as kind of like bachelor nation of like oh yeah you know kind and compassionate like these are real people or just going back to their normal lives and and you know having that awareness

that these type of things are happening to them so can we show a little bit more compassion no totally yeah yeah and I'm wondering I'm guessing like after that that they did get a lot more love like a lot more people setting the messages of love just like not even realizing cuz it's like how often do we go out of our ways to thank people show gratitude for people we don't necessarily like sometimes it's not top of mind unless we have an actual practice of expressing gratitude or thanks or appreciation for other people and so it's just kind of reminds us in the moments like that matters to that matters as well well and I think that it

Gratitude matters so much that like you said land when we have that appreciation I think so often we have the appreciation but then we don't like take the next step of letting people know like even the fact that Bachelor exists and that we get to have a podcast episode about that I mean how amazing is that like you and I get to talk about it but then what are we willing to do like what would you want to do for the next step and that's even with our personal lives you know I coach so many men about their marriages and they talk about how amazing their wives are but when I asked them when was the last time that they let their wife know they can't remember mmm and so it's like not just having the gratitude but maybe like what can you do about the gratitude you know what what do you what would the action line be if you're feeling gratitude yeah yeah and being able to express that and just being like okay so instead of being angry that these things happen in the world and adding more anger to mix like okay how can we actually add love and gratitude through the mix which just feels better all around coz you're the one that feels that like the personal receiving it hopefully they do too from how they think about it well we don't know we have no idea yeah it really does come back to like I just get to be in that space of more gratitude and more love because I'm the one that gets to I'm creating my own feelings yeah so that's what it really comes back to yeah well that's our five moments today Carrie do we miss anything fun I think that we just need to do it again and again I know right we'll get you on drama seasons well next season we're gonna have all these men that'll need coaching so that's easier yes we're definitely hitting it hard next season because like we said we've got the older people we got all the men coming on it's

gonna be a whole lot of fun total fun so somebody wanted to find you on the Internet where would they go so they're just gonna go right over to Instagram I'm a simple gal so I might drive your thoughts coaching and you can just find me over there just drop in some love and some coaching a little bit and come on over and see me Isis I will have a link to your Instagram account on the show notes which we'll be Lindgren calm ab / episode 10 are we on episode 10 yes all right well thanks Carrie thanks so much Lynn okay