

# YOUR COACHING MATTERS



*"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth*

## Monkey Mind Symptom #15

### *Solidifying*

Solidifying is treating an abstract concept as though it were an object in physical reality. It is literally to make something "hard or solid" such as changing from a liquid or a gaseous form to a solid one. This becomes monkey mind when we solidify our beliefs and opinions, or our "issues". For instance, talking about our self-esteem, or lack thereof, as if it was an actual, physical thing. Or allowing our structures of knowing to become so "firm" that we become intractable and un-coachable. Eastern philosophies suggest that we become like water, fluid and flowing, supple and moving. When our monkey is swinging with solidifying, we are reminded to be open and receptive, to soften our attachment to even our most closely held thoughts, beliefs and opinions, and open ourselves to the flow of possibility, to new ways of seeing, being and doing in the world.

### Monkey Mind Symptoms

Fragmentation  
Being Paranoid  
Scarcity Thoughts  
Either/or Thinking  
Qualifying Statements  
Complaining/Petulance  
Being a Victim or Martyr  
Taking Things Personally  
Talking of The Past or Future as if it is the Present



Excuses  
Defensive  
Deflection  
Solidifying  
Bargaining  
Resignation  
Comparison  
Being Vague  
Justification  
Impulsiveness  
Rationalization



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