

# YOUR COACHING MATTERS



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

## Monkey Mind Symptom #16

### *Bargaining*

Bargaining exemplifies another aspect of the 9-11 year old monkey mind, that of getting what we deserve. When we're in bargaining mode, everything becomes a negotiation. "If I pay all my bills on time this month, I get to use one of my credit cards to go shopping." Or, "If I stick to my calories today, I can have ice cream before bed." This conversation implies that we have been deprived in some way, and now we deserve a reward. When monkey is swinging with bargaining, we might see taking an authentic action, and/or keeping a promise, as something worthy of a reward, instead of a demonstration of doing what we said we would do with clarity, focus, ease and grace. When we notice the energy of bargaining creeping into our life, we have the opportunity to remember the experience of coherence - satisfaction, fulfillment, meaning and harmony - and see that it is its own reward.

## 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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