

YOUR COACHING MATTERS



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

Monkey Mind Symptom #3

Talking about the past or future as if it is the present

"I've never done that before.... When I tried that before, it didn't work... We've never done it that way before... I'm not sure if this will work...what guarantee do I have?" These are all examples of the monkey mind symptom of talking of the past or future as if it is the present. Why is this a problem? The answer is in the symptom. When we are focused on the past or the future, we are not present. We are not open to the possibilities of this moment. Our focus on the past can also be tinged with regret, grief or guilt, further stopping us in our tracks. Our focus on the future can create anxiety, doubt or worry, not exactly conducive to that sense of possibility.

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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