[](http://www.google.com/imgres?imgurl=https://upload.wikimedia.org/wikipedia/commons/4/4b/Apple_pie.jpg&imgrefurl=https://en.wikipedia.org/wiki/Cuisine_of_the_Thirteen_Colonies&h=1657&w=2418&tbnid=_BuI84FVe2uP1M:&docid=sepi-AAthh5UIM&ei=SSy1VerdC8iq-QHuzaeYCw&tbm=isch&ved=0CEMQMygfMB9qFQoTCKqm_9e7-cYCFUhVPgod7uYJsw)

“A Slice of Humble Pie = Coaching, Sometimes”

By Lori Bender, MSW

Professional Coach

Founder of Navinursecoaching.com, LLC

“Helping Nurses Manage Stress and Focus on Self-Care”

Yesterday my daughter and I went to a party in another part of state and all we can talk about is the delicious slice of homemade apple pie we had. It tasted especially tart, and we really wanted a second slice. There was the punch of some flavor no one could identify. The baker, though shy about his years of baking, gave us a hint for its goodness. Orange juice and lemon rind. We “ummmmmed and yummmmed” through our entire slices because after all, everyone’s pies are better than your own.

The two and half hour trip to this party was like no other. It was a gorgeous day, one mostly spent relaxing and anticipating the fun we would have. BUT…my mind was tainted with negativity; my mood was cursed with irritability; and my thoughts were ones of hatred. Although this had been the pattern for several days, I am usually not so evil. I acknowledged my broom-stick-riding behaviors and apologized to everyone around me, and off we drove (or flew).

My very tolerant daughter had to sit and listen to me the entire trip. I feel like maybe some of the other motorists on the road with us may have sensed my crankiness, as well, if you know what I mean.

The party was as fun, as we had imagined. The drinks were amazing, served in Mason jars. The decorations were right out of Martha Stewart. The bar-b-que was straight Kentucky mimicked. And, the pie was humble.

I wish I could give all the credit to that delicious slice of apple-y-cinnamon-y, orange-y, lemon-y pie, because it did put me in a better mood. However, the drive home from the party revealed the real source/slice of humble pie.

As I started back down my path of moaning, my child…a source of great wisdom at times, says calmly and eerily, “Mom, if you are going to bring up things from five years ago that still piss you off, I am not going to listen.” Whoa. What did she just say? I think I heard my voice and reason just come out of her nineteen year old mouth. I think I almost hit a car at this moment. The string of thoughts and emotions that hit me, though, around this same time, hit me harder than any car could. Bam, out of nowhere, this shock jolted my thinking. I couldn’t apologize again. I couldn’t get angry at her. I couldn’t deny her truth. All I said was, “You’re right.”

It was one of the best examples of quick life coaching and I couldn’t have done it any better myself.

I am thankful that not every day is in need of humble pie though, because it didn’t feel too well.

Clients usually seek out a professional life coach because they want to change some aspect, behavior, or thoughts about themselves. They want action and results. Sometimes, like my situation yesterday, we are not aware that redirection is needed “at the moment”. One of the main components of coaching is to help a client process the real moment; explore it, get to know it personally and internally so that externally, change will occur.

Having me focus on the “here and now” yesterday completely expanded my awareness of the effects of my negativity, brought me to the conscious level of processing them, and shifted my thoughts. Thank goodness.

Positive thoughts and negative thoughts enter our conscious minds every day. We are constantly sorting and filtering perceptions so as to not crash our home of in-the-moment thoughts, our conscious minds. How aware we are of these thoughts and what we intend to do with them determine if the glass is half full or empty. Neuroscience and years of research conclude that when we decide to intentionally change negative thoughts by adopting new perspectives and shifting our old tainted views that our brains physically alter. We create new neural pathways and connections for new behaviors and thoughts.

Although this takes some repeating and some practice and patience, these new neural pathways become the norm, so that the new, more positive behaviors stick with us.

In my case, the humility of having your daughter “bring you to”, immediately replaced having to practice new thoughts. I could now hop off the broom stick. Thank goodness, because the ride was bumpy and full of motion (and emotion).

As for “humble pie”, who needs homemade orange and lemon-infused apple pie in order to pop them out of run of negativity? Oh wait…I do!)

<http://www.mindful.org/feeding-your-inner-wolves/?utm_source=Mindful+Newsletter&utm_campaign=c4e4cadd9a-MF_Weekly_Newsletter_July_147_14_2015&utm_medium=email&utm_term=0_6d03e8c02c-c4e4cadd9a-21604313>

<http://blogs.psychcentral.com/relationships/2012/05/four-steps-to-rewire-your-brain-with-your-mind-and-conscious-action/>