

Embracing Feelings

The Heart of Self-Compassion in the
ICF Coaching Mindset

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The International Coach Federation (ICF) emphasizes the importance of a coaching mindset, which is foundational for effective coaching. At the heart of this mindset is the practice of self-compassion, and central to self-compassion is the ability to love and embrace one's feelings without judgment.

國際教練聯盟（ICF）強調教練心態的重要性，這是有效教練的基礎。這種心態的核心是自我疼惜的實踐，而自我疼惜的核心是不加評判地愛和擁抱自己的感受的能力。

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Why Loving Your Feelings is Key:

1. **Presence and Authenticity:** By loving and accepting our feelings, we remain present. This presence allows a coach to be genuinely there for their client, free from personal biases and distractions.
2. **Building Trust and Intimacy:** When a coach practices self-compassion by acknowledging their feelings without judgment, it fosters an environment where the client feels safe to express themselves openly.
3. **Avoiding Projections:** Unprocessed feelings can become shadows that influence our behavior unconsciously. By loving and processing these feelings, coaches prevent themselves from projecting their unresolved issues onto their clients.

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為什麼愛你的感受是關鍵：

1. 臨在和真實：通過愛和接受我們的感受，我們就能保持臨在。這種存在使教練能夠真誠地為客戶服務，不受個人偏見和干擾。
2. 建立信任和親密關係：當教練通過不加評判地承認自己的感受來實踐自我疼惜時，就會營造一個讓客戶感到可以安全地公開表達自己的環境。
3. 避免投射：未經處理的感受可能會成為陰影，無意識地影響我們的行為。通過熱愛和處理這些感受，教練可以防止自己將未解決的問題投射到客戶身上。

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The Danger of Unprocessed Feelings

未經處理的感情的危險

When we don't fully process our feelings, they don't just disappear. Instead, they sink into our unconscious mind, forming what's known as our "shadow." This shadow consists of the aspects of ourselves that we're unaware of, deny, or suppress. When triggered, we might react in ways that are disproportionate to the situation, driven by these shadow aspects. Worse, we might project these feelings onto others, creating stories or judgments that aren't based in reality but are influenced by our unresolved emotions.

當我們沒有完全處理我們的感受時，它們不會消失。相反，它們會滲入我們的潛意識，形成所謂的“影子”。這個陰影由我們自己沒有意識到、否認或壓抑的方面組成。當被觸發時，我們可能會在這些陰影方面的驅動下做出與情況不相稱的反應。更糟糕的是，我們可能會將這些感受投射到他人身上，創造出並非基於現實而是受到我們未解決的情緒影響的故事或判斷。

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The Role of Feelings in the ICF Core Competency - Coaching Mindset:

The ICF emphasizes the importance of maintaining a coaching mindset, which includes continuous self-awareness and self-regulation. By loving and fully feeling our emotions, coaches can:

1. **Enhance Self-awareness:** Recognizing and accepting feelings promotes a deeper understanding of oneself.
2. **Regulate Emotions:** By acknowledging feelings, coaches can manage and regulate their emotional responses effectively.
3. **Stay Objective:** Loving feelings without judgment ensures that coaches don't bring their personal biases into the coaching session.

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情感在 ICF 核心能力 - 教練心態中的作用

ICF 強調保持教練心態的重要性，其中包括持續的自我意識和自我調節。通過熱愛並充分感受我們的情緒，教練可以：

1. **增強自我意識：** 認識和接受感受可以促進對自己的更深入的了解。
2. **調節情緒：** 通過承認感受，教練可以有效地管理和調節他們的情緒反應。
3. **保持客觀：** 不加評判地熱愛感情可以確保教練不會將個人偏見帶入教練過程中。

Self-Coaching Questions and Sample Answers:

How do you currently process your feelings during a coaching session?

Sample Answer: I take a moment to acknowledge them and then refocus on my client's needs.

Can you recall a time when an unprocessed feeling influenced your coaching approach?

Sample Answer: Yes, I once felt impatient and realized it was due to my personal issues and not related to the client's pace.

What strategies can you implement to ensure you're fully feeling and processing your emotions?

o Sample Answer: Regular self-reflection, meditation, and seeking supervision or peer feedback.

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自我教練問題和示例答案：

您目前在教練過程中如何處理自己的感受？

示例答案：我花點時間確認這些問題，然後重新關注客戶的需求。

你還記得有一次，一種未經處理的感覺影響了你的教練方法嗎？

示例答案：是的，我曾經感到不耐煩，並意識到這是由於我的個人問題而與客戶的進度無關。

您可以採取哪些策略來確保您充分感受和處理自己的情緒？

答案示例：定期自我反省、冥想，並尋求監督或同伴反饋。

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Summary 總結

For a coach, loving and embracing feelings without judgment is not just a personal growth tool; it's a professional necessity. It ensures that the coaching process remains client-centered, objective, and free from the coach's personal biases. By practicing self-compassion and fully processing feelings, coaches uphold the core values of the ICF and offer the best of themselves to their clients.

對於教練來說，不加評判地熱愛和擁抱感情不僅是個人成長的工具，也是專業必需品。它確保教練過程保持以客戶為中心、客觀且不受教練個人偏見的影響。通過實踐自我疼惜和充分處理感受，教練秉承ICF的核心價值觀，為客戶提供最好的自己。

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愛的感覺可以促進臨在感和真誠性

未經處理的感受會形成我們的影子

陰影會導致無意識的反應和投射

擁抱情感是ICF教練理念的核心

充分感受情緒可確保教練的客觀性和以客戶為中心

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Loving feelings promotes presence and authenticity

Unprocessed feelings form our shadow

**Shadows can lead to unconscious reactions and
projections**

**Embracing feelings is central to the ICF's coaching
mindset**

**Fully feeling emotions ensures objectivity and client-
centered coaching**

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