

PF2 DISTINCTIONS

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high standard vs low/average standard

Standards are those behaviors to which you willing choose to hold yourself to. Life gets richer and easier as one raises their standards even if it means potential or real loss of love, opportunity, or expediency. It takes faith to raise standards. Lisa's life was progressing very slowly because she kept her standards lower than her soul required.

honoring vs defending

One honors oneself with boundaries and standards that are so extensive that they rarely need defending. Defending occurs when you let yourself become at risk.

need vs want

Something that you need is a requirement, but many of us treat our needs as our wants and make them optional. If you have a need for appreciation, or a need for touch or a need to be heard and you don't take that seriously and get all that you need, you're treating it more as an option or a want, and that missing need will consume much of your time. When the need is met, you'll find that the wants naturally diminish. So instead of focusing on what you want, establish what you need and you'll have more time as a result.

preference vs need

When one's needs are met, one can afford preference. But until this is the case, one can't afford preference because needs come first. Preference is kind of the luxury. When one's needs are met, one can be naturally more flexible with others, the world, their associates and their family because their needs are met and they have nothing to lose. At this point, one doesn't compromise even if they don't get all that they want, but they are in a situation to exercise preference.

wanting for vs nagging

The notion of "wanting for" means that you can desire results and a higher-quality life for another, yet not need it for them (or for your own ego). It's within our rights as human beings to want a lot for others, and the job of the coach is often to want even more for the client than the clients wants for themselves. Nagging is when your wanting for turns into a power trip, being right or needing for something. It's fine to need for things, just don't call it a want for.

passion vs adrenaline

Adrenaline is a drug released into your body by your adrenal gland. Traditionally, adrenaline was released when a person was in danger, and this rush of energy gave the person additional powers and increased their perceptive ability in order to save themselves. Currently, adrenaline is used somewhat as caffeine is used: to keep the person alive during the day and at peak performance. This may work, but it works at a cost to the person's immune system, because the adrenal gland is a place in which the immune system needs to be operating well in order to protect itself. Passion is a sustainable, healthy high because you're connected with someone else, yourself, with God, or with a project, and it's an emotional connection rather than a physical high. Joan, formerly an adrenaline addict, had to kick the habit entirely in order to experience the passion and bliss she knew was available. Example: When you're meeting a deadline and you're thrilled that you met the deadline, you're probably experiencing adrenaline. When you enjoy so much what you're doing regardless of the deadline, you're probably experiencing passion. Tip: You'll need to have your client eliminate adrenaline by getting their needs met, underpromising and developing a strong foundation before they'll likely be able to experience a healthy passion. Still, clients will often confuse adrenaline and passion.

extensive boundaries vs inadequate boundaries

One sets a boundary to protect from other people's insensitive or irresponsible behavior. A boundary is basically a NO, a line that is uncrossable. The challenge is to establish this line far in front of you rather than right in front of you. This will give you the time you need to protect yourself early enough. When Julie tripled her boundaries, she excluded certain people and certain people's behaviors, thus freeing her up to start enjoying herself more.

trigger removal vs trigger management

Humans are triggered by threats, perceived threats, perceived consequences, reality, unmet needs, people's egos, and other things. The trick is to eliminate those triggers by insulating, cleaning up your environment, establishing strong boundaries, removing the pressure from overpromises, and driving the speed limit. This requires change vs being an expert at managing those triggers, which takes too much work.

true values vs past/morals

Values are those qualities, interests or aspects of life which have continuously drawn or attracted you since childhood. Values are "who you are." Until one distinguishes values from past problems or accomplishments, from morals or shoulds and from unmet needs, the person's values will seem to keep changing and never gel. Usually, one needs a strong Personal Foundation prior to being able to "see" and feel his/her true values,

values vs morals

Morals are based in right and wrong, whereas values are based on choice, spirituality and who the person is vs what they're doing. Morals have helped us civilize humanity, but now human beings can trust that they're basically good and can rely more on their values.