

# 'First Times'

# Self-Coaching Guide

## Something New

None of us like starting something new whether it be big or small. A 'First Time' could be anything where we don't already have some expertise or feel comfortable doing it well. After our initial enthusiasm, the excitement can fade quickly and it can feel uncomfortable and unpleasant. We experience vulnerability (i.e. uncertainty, risk and emotional exposure). This experience isn't something we can avoid, so we just need to push right on through it.

### *What's going on?*

How can we handle First Times?

First, you should identify when you are in a First Time and name it.

When you ask the question '*What's going on?*', tell yourself to acknowledge the problem and name it. It's a myth that acknowledging your problem and naming it gives it power over you; the very opposite is true. Acknowledging your problem and naming it gives you power and you can start to deal with it. "*Power is the ability to achieve purpose. Power is the ability to affect change.*" Martin Luther King, Jr.

Second, you should use these three steps to help you:

#### **1. Normalise it**

When you ask '*Why am I feeling like this?*', tell yourself: '*This is exactly how new things feel because I don't know what I am doing, I've no experience to draw on, and it feels really scary.*'

#### **2. Put it in perspective**

When you ask '*What does this mean?*', tell yourself: '*This feeling isn't permanent and doesn't mean I'm a failure at everything. It's just something new which will come to an end and I'm learning from it.*'

#### **3. Reality check your expectations**

When you ask '*Why is this so hard?*', tell yourself: '*This is much tougher than I thought it would be. It's going to take more time, energy and commitment than expected. Success will be harder than I thought.*'

Being a newbie does, however, bring with it some positives. It's an opportunity for us to learn and grow, which is a vital part of living. Once we have had the courage to grow in one area of our life, it increases our self-confidence and encourages us to grow in other areas too. This happens, not because First Times get any easier or more comfortable but, because we learn we can actually survive these experiences.

Finally, you should keep reminding yourself you have encountered First Times before and come out the other side stronger and wiser. And you will do so again!

### Further listening:

This guide is based on Brené Brown's podcast ['Brené on FFTs'](#) (2020).

*"Vulnerability is the birthplace of innovation, creativity and change."* Brené Brown

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### More Information

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