

## [An Extraordinary Week](#)

Posted on [November 7, 2008](#) by [SeattleCoach](#)

*Yes, an extraordinary week. Maybe you're among the elated. Maybe you're with the dejected. After three days (so far) of conversations with people in both groups I see some common threads:*

- 1. At either far ends of the spectrum is the sense that a political personality or persuasion gets the responsibility—along with the credit or the blame—for what happens next.*
- 2. Also, I've noticed that the more we focus on news and opinion sources—without a break every few days—the more likely we'll be to get polarized.*
- 3. And the more polarized we get, the less likely we are to get new feedback.*
- 4. And from my coach's pov, now is when it's easy to lose sight of the fact that no one else can finally fix or derail our lives or even our circumstances. My life with all of its complexity and shadows will always be my greatest resource, even as I grow more interdependent with others.*

*So. This weekend, I think I'll turn off the news and combine fresh air with some of my favorite questions:*

- What will you do next? What possibilities are now available to you?*
- With whom will you spend more time?*
- With whom will you reduce time?*
- What are the core values that you feel passionately—and want to speak fluently—about?*
- Will you speak of "the other side" as adversaries and objects? or as people with their own hopes and fears and wisdom?*

*Your thoughts?*