

Hello and welcome to Hofmann Naturopathic the Podcast where I talk all things mental health, mind-body medicine, and bringing a spiritual to the every day. If you want to know what it's like to live with full integration of mind, body, and spirit you're in the right place and I'm so glad you're here!

Hey friends, how are you doing today? I hope that you're doing really well. I am excited to be coming to you today from the East Coast rather than the West Coast. I get to spend some time with my family out here in Maryland and had the good fortune to get sick while I was here, so I'm just getting over a cold if my voice sounds a little stuffy and snuffly. So if I have a few sniffles I apologize. Please excuse those, but I will try my very best not to.

And the last few episodes I've been talking a lot about intuition and different aspects of it. Last week I talked about self-love and a little bit how that relates to intuition and being able to make decisions that are right for you. And today I'm going to address something that comes up for a lot of people which is having some unpleasant feelings even when you know that a decision that you're making is right for you. You checked in, logically it looks good on paper, you checked it intuitively and it feels right in your body, but still there's some feelings there so that's what I'm going to address today.

Before I get there though, I did want to note that today's podcast is sponsored by none other than Actionable Intuition, which is a course that's designed to really bring intuitive knowing into a tangible and daily tool, practices that help make it usable and reliable, rather than just you know some buzzword that maybe sometimes you get intuitive feeling and sometimes you don't. Nope, Actual Intuition is the course to take if you want to make sure that every day, all the time, you can access and make great use of your intuition. So you can check that out if you're interested.

So, coming back to today's topic which is all about having some unpleasant feelings even if you know logically and intuitively that the decision you are making is right for you. And this is really common so some common places where this comes up things like relationships changing, if you're breaking up with someone getting a divorce even, job changes, switching careers, things like moving, even if you're moving across town if you're moving states across country, new country altogether all of these things and more. I mean this could be really endless, but all of these things are really big decisions that involve really big transitions and when transitions happen it's completely normal to have a lot of feelings around that and of course sometimes this isn't true sometimes it just feels right I'm ready to go and we can make our move and there's no troubles but a lot of times there are a lot of feelings and these feelings can vary quite widely. But it doesn't mean that you're making a bad decision and this can be hard to come to terms with for folks because if there are feelings of sadness or resentment or doubt towards this or that, "How could this possibly be the right decision".

So let's talk about this some common feelings that come up in the midst of these decisions and transitions, well let me back up for a second, so say you're facing something like, you know, a breakup and its relationship that you've been in for a while but for whatever reason it just isn't quite working out, you're not feeling great about it and you've checked in logically maybe you're moving getting a new job or something like this and the person that you're with doesn't want to move. They have their life established in the place where you already live. So say that that's the case but for you it really is the right decision to make this move to go to that new job or to move where you are planning to move and so you've checked it out logically it makes sense a job that you're going to be really love, you know, maybe the pay is really good, you're feeling really jazzed about

it, you're completely in love with what you're go be doing, or what you're going to be doing once you move. And so you decided to know what this is really I would love to stay and be with you but for me this is really the right decision. You feel good in your body about it and yet, you feel sad and maybe there is some self doubt of when that day gets closer as that time draws down to an end, that feeling of; 'Oh no' I don't know if this is actually right, is the best decision? And then fear, so, 'What if I never find someone anymore' or there could be; "I'm never gonna make anymore friends." or "I'm not gonna meet anybody." or "How is this gonna work out?" Or if you are in a situation where you've been putting up with a less than stellar relationship or a less than stellar situation, maybe there is just a little bit of resentment. Just like "Oh, I can't believe I put up with this for so long." and "This person has been disrespectful." or whatever it might be.

And so all this is completely normal, there is not necessarily anything wrong. And it can be super rattling really can put you off your game if that day comes closer where you're moving or that day come closer where you're making that transition. And just all the sudden all those feelings happen or even as you're in the process of moving or as you're in the process of physically making whatever transition you're making.

And so what's really helpful in these moments is to check in. You can always check in with yourself, you can always reassess your decision, you can always change your mind. These are all great options and simply knowing that can make a huge difference and really impact your confidence and your courage to move forward with your decision and transition. And so, one really good way to reassess at any time is to do that same process that you did while you were making that decision. And if you are new to this or haven't heard me talk about this before marrying logic and intuition, is, for me is all about, first of all, doing the logic work, so maybe even getting out a piece of paper and thinking through "Okay, pros, cons, what is this gonna look like, what am I losing what am I

gaining, what are the benefits and costs” I like to do a really thorough risk/benefit analysis. So doing that work, and after you’ve done the logical work and that really heavy cognitive lifting. Letting that go, setting it aside, taking some time in meditation and checking in with your intuition. So checking in with your body how does your body feel. If I make one decision; ‘How does that sit with me?’, “How does that sit in my body?” If I make a different decision “How does that sit in my body?” “How do I feel about that?”

And this can look like any number of things. So, I’ll give you an example; As I was looking at different residency options and job options after graduation when I was deciding whether or not to keep going with the residency process, I sat down, I actually didn’t sit down, because it came up in my body very strongly, I had a very strong reaction, which was my shoulder; I occasionally, look at this upper back pain which isn’t normal for me, and as I was looking at these different options my shoulders sort of seized up a little bit. I got really intense gripping pain in my left shoulder and also my breath; I just couldn’t catch a deep breath and so I felt like I was in a panic. And so I did sit down at that point I was like “Okay, if I just decide to let this go, how does that fit in my body?” and instantaneously everything relaxed, my shoulder didn’t hurt, my arm didn’t hurt, I had full range of motion, I could get a full deep breath in and at that moment I was like "Okay yep, I’m going to let this one go; this is not right for me right now.” On paper it looks beautiful and also on paper there are some things that I don't want to uproot my life if I'm not loving where I'm going these kinds of things and so the logic and the intuition for me came together in that way.

And so you can do the same thing if you start to have new symptoms or if some symptoms go away these are really good indications from our body that a decision or making is either good or maybe not so good. And you will have to know for you with that looks like. And this is why it's doing this work on a regular basis is really important

because this is how we keep in touch with our bodies, how we know what it what signals our bodies are giving us, and if we don't do this work on a regular basis we miss out on so much great information.

So you've made a big decision, I'm returning back I went on a little regression, so I'm coming back to our main conversation, to move and at the time you felt great about it, felt really clear logically it makes a lot of good sense, intuitively your like "Okay my body is really responding well to this decision its giving me really positive feedback and information about it." And then it comes time to move and your feeling sad and you're like "Oh my gosh, I've lived here for 10, 15, 20 years" and "I don't want to leave I love this place, I've so many friends here in my community is great at my job like I may have to learn all this new stuff and maybe I should just stay."

So reassess, totally great. So check back in with your body. Whatever the emotional sort of, I don't know if surface is the right word because emotions aren't necessarily always surface, but if you go deeper beneath the sadness that your are experiencing how does your body feel to feel at ease in your body, does your gut feel open and clear, or not so much? So, just check back in and see how it's going and then sometimes this isn't even enough information because if really in the grips of feeling that it can be challenging to differentiate what's related to that sadness and what's the deeper wisdom that you have.

So, another thing that you can do is take, you know, 5, 10 minutes to yourself somewhere quiet and think; "You know, I am feeling really sad right now but the piece that comes with this decision or equal or is the piece I have greater or is the piece that have less if I game this out 5 to 10 years down the line what to say would I tell myself to have made?" And so this is another way to reassessment think, "Okay, if I put some perspective on this if I put myself out 5 years, what do I anticipate the results from this decision will be?" And I will caution you that, not caution, but more than likely the results will not be

exactly what you thought they were. But if you're making a decision that's in line with your intuition the results will be better than you expect.

So, even keeping that in mind you are in line with your intuition that the results are going to be better than you hoped they would be because they can't not be because you're listening to that inner wisdom and it will not lead you wrong. So, check back in with your body sort of game it out a few years down the line and see from check in with your hypothetical future self and see what they might have to say to you. And then also do some of that cognitive work again if you are the kind of person that writes down a pro and con list revisit that. Is it still the same? Have things changed? And so, if things have changed; because situations do change, it's totally fine, totally okay to make a different decision. And maybe the situation is exactly the same and you just have to remind yourself that "Yeah this is hard, this is hard to do in the meantime and I know that what's on the piece of paper, what's in my mind, what I trust my intelligence and my thoughtful process to tell me, what I test my body's tell you, is true."

So, all of that said, I think at the end of all of this it's most important just to be as gentle with yourself as you can be and know that big decisions are big decisions they're hard to make. And any feelings that you're having are totally normal and it's totally okay and you have all the permission to stick with your decision, to make a different decision, to check back in, and then make sure "Oh yeah this is still right" and also know that you're always doing the best you can with what you know and like I said a little bit earlier situations evolve and change them so you get more information you feel things out a little bit more you know maybe you go visit a potential job and it looks great on paper but like *uhhh* maybe not so much and so the more that you know and the more situations evolve the more information you have to make a decision and so that might change and it's totally okay.

And at the end of it all, the only person that you have to answer to is yourself and you don't have to *answer* to yourself. But you *do* have to live with the decisions you make. And no one else really does you have to hear the one who has to go to bed at night knowing that "Okay I decided to uproot everything and move across the country for this job" or "I decided to get married to the person" or "I decided to you know get a divorce" or whatever it might be and although these decisions do have an effect on other people in our lives. They're not necessarily the ones who have to live with having made that decision and you do. So, I think that's why gaming it out a few years and seeing what your hypothetical future self might have to tell you is a really good idea.

And also because there are a lot of situations in which, you know, there is not a necessarily a wrong answer and maybe there's a sh•tty, excuse my language, there's a bad response and a less bad response or there's like a shiny sparkly option and a slightly less shinny sparkly option. So, you know they very rarely is that you were looking at two to excellent options or two terrible options.

At any rate, so what I'm trying to say is that be gentle with yourself, be kind to yourself, know that emotions come up, and it's totally okay. There's nothing wrong with that, and that you're going to be okay, and that you can change your mind if you want to. So, all right friends I hope that you're doing really well. I hope whatever transitions or decisions your face I hope you have the courage to face with as much gumption and boldness as you possibly can. And I will talk to you next week, alright, take care.