

Coach's Corner

Will it be faith or fear?

By Sharon Pahlka, kidney patient and life coach



Today was a difficult day. Have you ever been in a situation where you felt overwhelmed? We all react differently, but the underlying cause is the same – fear. Fear that we can't handle it. Fear that there is too much on us. All kinds of fear.

How did Coach Sharon react? I started complaining. A good friend called, and I had my platform. (He was a good listener.) I spewed forth the challenges and hard place I felt I was in. He listened patiently and then had this advice for me. "If you have accepted something, then don't complain."

For example:

- Relatives come for a surprise visit and ask to spend the night, and you say "no problem," even though you are cringing inside. Don't complain.
- A co-worker asks you to work their shift, and you accept. Don't complain.
- A friend asks to borrow money, and you accept. Don't complain.

You get the idea. I knew he was exactly right. Complaining was only increasing my fear by rehashing the things I was uncertain about and replaying them back in my mind, without taking action. It was making me tired, too.

Within an hour of this helpful call, I talked to a beloved friend who also listened and was helpful in a different way. She talked about all the things I could do. It made me feel empowered and ready to take action to get out of my fear-driven uncomfortable place. I then spent the day doing all the things I knew to do. My difficult day changed!

The next time I catch myself complaining, I plan to carry faith rather than fear, to *do* rather than talk.

Coaching Question: What shall you carry today? Will it be faith or fear?

Coaching Tip: Take action rather than complain.

Homework: Practice saying "no" several times each day for a week. When you do say "yes" and accept a situation, be aware and don't complain.

Quotes: "Excessive fear is always powerless."

Aeschylus

"When thinking won't cure fear, action will."

W. Clement Stone

Thank you for filling out the NKC Patient Survey

Northwest Kidney Centers staff very much appreciate that more than 400 patients filled out the Patient Survey that was sent or given to all NKC patients in April. Your responses and comments gave us very valuable insights. All of the leadership staff throughout NKC are made aware of this valuable information. Watch for details of the survey results in the next *Output* newsletter. For more information, contact Sonja Coffman, Community and Patient Relations Coordinator, at (206) 292-2771, ext. 6923, or sonja@nwkidney.org.

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The *Output* provides general information and is not intended to serve as a treatment guide. Patients must never change their treatment unless directed to do so by their doctor or transplant team.

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