

# Cycles



We all make assumptions or presumptions, but we often don't know the power they have over us. Sometimes we need to kill our assumptions, face reality, and avoid the cycles that drag us down.

It was a clear night on the beach as we tried to sleep but were too pumped with adrenaline and anxiety for that to happen. The Colorado River was shimmering in the moonlight and I could sense its power from the shore.

In the morning it would take me and three friends through the Grand Canyon with its level five and level six rapids. In a small four man raft we would depend on each other to respond quickly and consistently over grueling hours sometimes climbing a 12 to 15 foot wall of water to be launched into the air and come down headed toward a boulder or into a hole, a whirlpool.

About those holes. The last advice before we slipped our raft into the water was from a park ranger, "One more thing. You may have heard that if you get caught in a whirlpool you should grab a big breath, go to the bottom where it is smaller and get out there. I strongly advise against that. If you get caught going into a hole use your oar, slam it into the the wall of the water and fight to roll out like your life depends on it. It does. The bottom of the water spiral is like the agitator cycle on a washing machine. It just chugs and churns. It won't let you go, and we won't find your body until the water levels change in 2 to 3 weeks."

In the A.C.O.M. Coaching Approach you learn to recognize and resist cycles that could result in embarrassing, limiting, even disastrous reactions. You will be equipped with new insights and a new understanding of your thought patterns and choices. You will discover how to escape from the inevitable holes and not just survive, but thrive.

There is a phrase therapists and counselors use to challenge the thought patterns of a client or patient. The phrase is "So What?" and it is the second of the four big questions in an A.C.O.M. Coaching experience or workshop.

## "So What?"

This could change your **choices**. It could change you and your work-life.  
Connect with us at [www.ACOMcoaching.com](http://www.ACOMcoaching.com) to learn more.