

The Blueprint March Madness Emotional Disorganization

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Transcript

Thanks for watching! Thanks for watching! Thanks for watching! Good morning, everyone. Happy Tuesday. Thank you so much for being here and thank you for being patient with me this morning while I gathered myself for those who are new to the stream. If it has been a while since you have been here, if you were new to Twitch, let me take a moment to introduce myself. My name is Kim Blue. I am an HR strategist and a career coach. Welcome to the blueprint. This is the space where we come on Tuesday and Thursday mornings, Tuesday mornings at 8 a .m. Eastern Standard Time and Thursdays at 11 a .m. to chop it up about all things personal and professional development.

I fundamentally believe that everybody should be the boss of their own blueprint. And what that means is you should have access to the knowledge, skills, capabilities, and resources. So you can do three things every day. You can operate at your highest potential. You can add value to whatever work you own or are responsible for. And most importantly, you can show up as your authentic self because when you are authentically you, you do not have to dim your light. You can be great in your gifts. You can show up to the world as yourself and you are able to give of your best but also receive the best that the world has to offer to you. So that is what it means to be the boss of your own blueprint. We come here to these conversations, and we do the work. We hold our mirror, right? You may see the hashtag mirror moment come up here but we do so from a place of support and from a place of love so that when you leave this conversation you can go into your next conversation or your next situation, whatever that may be, taking something that you learned here and immediately putting it into practice, okay?

And that is what the goal of these conversations are always. So with that, let's dive right in and say, good morning, let's do some housekeeping and then we'll get right into today's conversation. We are still in the throes of all things March Madness, not the sport, March Madness or the sports side of it but definitely the human side of what March Madness means. And we're talking about disorganization, coming off the heels of alignment and being intentional about saying, how do we get clear on what is not aligned so that we can then go from being disorganized to having more alignment. So with that very quickly, just a reminder as always about the Blueprint group coaching, here is the

information exclamation point coaching in the chat if you would like to sign up but the details are here.

So, this is what you will receive time with me four times a year, one -on -one, a monthly group session. You also have access to merch. We are working on getting some communities together. That was a very specific request from this past month's group session, which was so great. We are seeing those who are participating make really great strides. And then just a home for all of the resources that we talk about both here, but ones that I'm curating specific to the things and the needs for the blueprint boss, the blueprint coaching community. So, all of that is there. The cost is \$50 a month. So it's about \$600 a year. If you are wanting to understand what the investment is, it's about the cost of a flight, right? One flight. It's the opportunity to spend time with other like -minded people, truly investing in yourself and continuing to deepen our learnings that we have here during our weekly podcast, right?

The eight times a month that I stream. is definitely beneficial, but this takes it a little deeper and there's an opportunity for you to collectively engage with other people and hear what's going on and how they're showing up. So, give that some consideration. I would love to have you anytime if you are joining. We have just come through the first three months and everybody's had their initial one -on -one with me and we've had three sessions and so now we're moving into what we'll do for the second quarter. They've already got their theme, have a prompt for them that I am going to be sharing that they will have homework between now and the next session. So definitely know, definitely know that they're coming in.

There's work that is going to be done and anybody who is in the chat, who is in the group, if you so desire to share something, put it in the chat if you would like, but please know we're coming to continue the work. We're coming to deepen it and we're coming to hold ourselves accountable on a lot of levels and we're starting to see the group gel even more and it's just making me super proud as a coach and my low -coach heart happy, so. So, with that, let's say good morning to everybody in the chat and then we will get ourselves going on emotional disorganization because that's what we're talking about today and Thursday. So to my My Bosses, My Life Journey and Life in Key Media, good morning to both of you. Thank you for being here. Good morning, Jen. Good to see you. Thank you so much for being here. Happy Tuesday, blessings to you. Dr. Donna Dundas, always good to have you with us. Good morning, Crystal Method.

Happy Tuesday to you. Good to see you. Who else is in here? Hobbs, good morning, I saw you. C -Love 702, good morning. Good morning, all those dancing blue hearts right back to you. Good morning, Moana Baskerville, happy Tuesday. Thank you for being here. Virtual salute to everybody who was working, lurking and commuting. You all know how I feel about the morning. and about this podcast. I want the conversation to serve you in whatever way is best. So whether you're active in the chat, you're listening only, or you've got me tabbed up, thank you. Hopefully it is what you

need at this point in time, in particular, because I know the mornings are a very transitional time for folks.

Good morning, Miss KB, good to see you. Happy Tuesday, good morning, Melissa G. Good, always good to see you. Thank you so much for being here. Melissa says that she has got her boss gear on, and she has got her mirror ready. I love that. Bearded Burbandu, good morning, good to see you. Welcome in. Happy Tuesday to you. Thank you for being here. Did I get everybody? Bearded Burbandu, this is your first time, welcome. I hope you find something really beneficial to take away from this conversation. We come in here and we keep it very real. And we do a lot of really good work and hopefully you leave feeling like you got something out of the conversation. So welcome in Big Stove, good to see you. Thank you so much for being here. Happy Tuesday to you. Lots of really great folks. Go follow folks who are mods, streamers, DJs, double duty, whatever that looks like. So I like to be able to kind of just shout folks out as they come in, so you're gonna see me.

Make sure I call folks out, but the people in the stream or how you're gonna be able to get to other great people who are on Twitch. So we encourage that. So Bearded Bourbon, welcome. Good to have you with us. All right, everyone. So we are talking about March Madness and not in the spirit of college basketball, although there is some great college basketball that is happening right now. Good morning, Misha -Bill, good to see you. There's some great music, Love at 21. Good morning, good to see you. Thank you for being here. There's some great college basketball happening right now. Hopefully everybody's enjoying it. But what we are talking about is March Madness in the sense of how we think about ourselves and what that is and what that means for how we hold ourselves truly accountable for everything that we do.

Serial Sensei, good morning. Good to see you. Thank you so much for being here. And so there's this whole notion of March Madness, meaning the madness of not being organized or not being aligned, not feeling grounded in a way that allows us to show up as our most authentic self, okay? And so, when we think about the madness of trying to get organized, when we think about the madness of how do I go from where I am to where I wanna be? How do I work through all these piles? How do I create a path where I can successfully balance? Whatever it is that I have going on. All of that is part of the March Madness, this metaphor that I'm using as it relates to the madness of our lives, of our emotions, of our mental state of being and how we work through that.

And so last week we introduced this. Let me get the slides up. We introduced this and we talked about what this looks like. And we just opened up by talking about just what it means to be mentally disorganized. And so, I want to just revisit this really quickly before we get into the emotional disorganization. So if you're taking notes, now's a great time to quickly recap before we get into the emotional disorganization. Now the emotional disorganization piece, hopefully we're going to get two conversations out of it. We're going to introduce it today. There are three sections. And I feel like I feel like we're

gonna get going and we might dive down a little bit of a rabbit hole So just be prepared for this to definitely carry over into Thursday's conversation as well so March Madness three components to it when we think about the buckets, okay, there is being Disorganized in your thinking in your mood and in your balance.

Yes I see my life journey putting all of the boss gear emotes in there already Because we're gonna die where we are definitely going to dive deep into it today and Thursday And so just a very quick recap when we feel mentally disorganized our thinking can feel challenged or inconsistent It might feel like some brain fog and we may have some difficulty conveying our thoughts and so difficulty even communicating So that you can express how you're feeling or what you need clearly and that disorganization Can can also transcend into whatever you're feeling emotionally Because when we can't express ourselves properly or when we feel misunderstood It generates a level of frustration in us now.

I want you to I want you to remember this about not being able to express yourself properly and it is feeling like you are Not connected emotionally and it's stirring up because we're gonna get to that in the emotional Disorganization today now remember folks what I'm talking about These are metaphors for how we are experiencing ourselves and other folks are experiencing us Right. I am NOT a therapist. I am NOT a psychiatrist or a psychologist But what I am is an organizational behavior scientist or a social scientist so these are things that I observe when I watch people in the workplace and How they show up and I'm translating them into things that you may see or do yourself whether you recognize them or not So the second tenet of being mentally disorganized is your mood can fluctuate depending on anything that's planned or unplanned in the outside factors, all of those things.

And it has influences professionally, or it happens when there's misalignment with our expectations and the things that we had intended to do. And then thirdly, our balance. When our thinking and our mood, our impact, our balance could be off, or it could be more heavily weighted towards whatever thing might have our attention or that needs our nurturing, whatever that may be. Now, the balance piece to this is often where we spend the time because it's where we say, I need to be dedicating more energy here, or I need to be doing more of this. And so things that are also important may take a back seat or may take a diminished role in our lives because our thinking may tell us that we need to spend more time.

Doing something but in order to put the energy or the currency needed into that we may surrender and let go of other things now these can be social relationships. These can be other commitments that we have these can be you know Opportunities that we may have been pursuing that we kind of stop and say until I've gotten to this space I actually need to stop doing this and spend my time prioritizing here This looks very different for people, right? Sometimes it could be caregiving. Sometimes it could be any type of life change Sometimes it could be integrating families transitioning into new

work situations, but there's a lot of disorganization that happens the other thing that I haven't said here that we're going to tie into the emotional piece of this is that This level of change may trigger Sadness or grief and I touched on this very Lightly last week, but we're going to dive into it a little more today when we feel Disorganized.

Okay. Let me take a step back when we recognize that we are disorganized mentally Then we start to turn our turn on ourselves emotionally. Does everybody understand what I mean by that? Okay, what I mean by that. Good morning, Ebony ATL. Is everybody what what I mean by you turn on yourself emotionally This is when you recognize I don't have it all together My you know, my calendar is all awry. I can't remember things I'm saying yes and forgetting certain commitments. I am not showing up the way that I want to all of these things right that are taking place and Sometimes we get a glimpse of that or sometimes someone calls us in or out on it Right because you can be called in and you can be called out There's a difference and if you don't know what the difference is, let me know in the chat and I will spend a moment Acknowledging the difference, but you can get called in or call called out on your lack of engagement, the way you show up, the way you demonstrate your expertise.

But either way, you get awareness that you are not showing up as your best self. And when you start to recognize that, you can begin to start beating yourself up emotionally. This comes in the form of like negative self -talk or self -deprecating language or anything that you direct back to yourself through words or through thoughts that allow you, it's almost like punishment, right? I'm going to punish myself for feeling like this. Now this happens personally and professionally. Sometimes professionally, we take it out on other people. Okay, sometimes professionally, what we do is we lash out, especially for feeling embarrassed or especially for feeling like, man, I have really been exposed in how I am showing up or how I'm not showing up. And we're going to get to that in the emotional piece in just a moment. So when we talk about this notion of balance, the balance part of this could also be very telling that there is some emotional imbalance, just like there is some mental imbalance.

And by mentally imbalance, I mean, our thinking is swayed more to one thing, or we feel guilty for having to put our time and energy in a place where we didn't anticipate, we didn't plan, we may not be appropriately resourced for, all of those are things that go into consideration for this. OK, so now let's talk about the emotional disorganization. And what I want to do is spend a little time breaking this down into three components. Now, these three components, just like I did for the mental disorganization, these things are what this is just the Kim Blue belief, my social science research as I have studied people. So, I've got, you know me, I've got articles to back all of this up. So if you're interested, I can give you the background for the science behind where my theory is coming from. So, I don't want you to go look for emotional disorganization.

You can look for each one of these specific headlines if you want to read more about them. And then I'm going to translate them into how you can understand what that

looks like in your day life, both professionally and personally. OK, so I don't want anybody to come in thinking, oh, where do I go find this topic that Kim Blue was talking about? I will make sure that you have the articles that you need if you're interested in it behind the scenes. Good morning, swirls. Good to see you. Thank you so much for being here. Happy, happy Tuesday to you. OK, again, folks, lots of amazing people in the chat, so please go follow them, EbonyATL. Swirls, Big Stove, right? All types of folks who are in here locking key media. Dope, dope mods, CLove 702, right? There are folks who are modding for other people who are in the chat right now, which is the best part about this.

When we see streamers and mods or DJs and mods who are in the same spaces, love that. All right, let's add our slide in, okay? So there's a lot going on here, but it's intentional. So again, if you're taking notes, this is a great time to take the notes. Now, for the next few minutes, I'm gonna tell you how I'm gonna set this up so we're having folks come into the chat. So I'm not gonna do another stream reset for 15 minutes unless something changes, okay? So A45 is when I'll come back in and I'll acknowledge everybody who's come into the chat or welcome folks, but I wanna make sure that we have time to get through these details. So if you come in and I don't acknowledge you right away, I see you, I just wanna, I'm being intentional about how I am acknowledging folks and making sure that we can get through the content, okay? All right, so emotional disorganization, here it is. There's three buckets that I want everybody to write down, okay? The first one is emotional unavailability. The second piece is emotional stress. And the third piece is emotional capacity.

Let me say that one more time. Emotional unavailability. And we're gonna define each of these. You all know I like to make meaning and be on the same page. Emotional stress, okay? And emotional capacity, thank you, My Life Journey. Okay, I will wait and dive into the details of each one of those so that the folks coming in can get that. Now, each of these buckets has their own unique qualities and specifics that connect together to ultimately make what we are defining as emotional disorganization. Because when one of these are off, there are others that are off. All right, let's go in and take a look one more time if you remember, and I don't think I have it separately, but if you remember the slide that I put up last week or last month in February, and it showed the alignment triangles, okay? And it had the word alignment in the middle. And then the top triangle was emotions, needs. And one other thing I can't remember. And then the bottom triangle was your mood, your behaviors, and your choices, okay?

All these things intentionally, there is the prince, ladies, and gentlemen, he is home from school today. He just woke up, as you can see. So, would you like to say good morning before you go? Good morning. Okay. Good morning. He said My lock I see love He is a sleepy boy this morning All right, there's waffles in there if you would like some waffles, okay All right, so he's all Okay, I don't think I don't know if he's in here or not, but I will tell him if you see him so he is He is home from school today. They have

an asynchronous day. So there will be a work packet happening soon And otherwise he is hanging out with mom today in between all of mom's calls But right now he's off to go make some he's off to go make some waffles.

So, each one of these three are the things that make up emotional disorganization. And so we're going to make meaning, and then we're going to talk about all of the components to this now. The reason I wanted to start with these three topics is because when we talk about emotional disorganization as a whole, they all interconnect. So, for example, when we talk about emotional unavailability, it all starts with how we are present for and with everything else around us. And when we are or are not present in those ways, the way we show up in those things or don't show up, then speaks to the emotional stress that we are feeling. And then it also speaks to the emotional capacity that we have. Okay. So I just want to do some tone setting for that. Now, if you are curious about where each one of these comes from, I'm going to drop the links to these in the chat so that everybody can see this.

Can we just a second? Um, I had them pulled up and all right. So the first one, this is from a website called the predictive index. And I love this site. This article is really great. It is, um, it's all, it's, it's a, it's a, it's sort of like a nerdy site. And this is where I get some of my, my details from, but ultimately, oh, there we go. Um, but ultimately this is where some of the information comes in. So I'm going to hold off because I see the raid coming in, um, so that the Raiders can get it. So good morning, Raiders. Thank you so much for being here. Happy Tuesday. Welcome to the blueprint. Good to see all of you. Come on in and refresh those screens so you can get situated. Um, there is plenty of space at the boardroom table plenty of space on the K couch for those who may need it. If you need to get yourself some boss gear ahead of our conversation on emotional dysfunction or disorganization today, please see one of the mods.

They will take excellent, excellent care of you as always, but good morning, good morning, one reason. Thank you for the raid. Appreciate you. If you're not following reason, please do so. Always a good time in his stream Monday through Friday, 7 a.m. to 9 a.m., all gospel music. And it is always a blessing to be in that space. So good morning, LaWanda Baskerville again. Good morning, Diana DBX. Good to see you. Good morning, Shelly. Always good to see you. Is it GI? Is it GI? You thought you're gonna have to pronounce it for me in the chat, but I see you. Welcome in. Thank you so much for being here. Good morning, wins. I'm watching you people. Good to see all of you, DJ D -Man.

Good to see you. Thank you so much for being here. Little Southern girl, good morning. Happy Tuesday to you as well. GI Jane, okay, awesome. Thank you so much for pronouncing that for me. I will not forget that going forward. So good to see all of you to everybody who came over on the raid, who is lurking behind the scenes or has the tab up, or if you happen to be commuting, please be safe. Thank you so much for being here. Always good to have you with us. We are talking about March Madness and not in

the sense of sports. We are talking about the madness of feeling disorganized mentally and emotionally, and how we are going to hold our mirror to recognize that and make some clear connections on the actions and the choices and the behaviors we take.

So virtual salute and head nod to everybody who is behind the scenes if you are just listening, taking the content in if you are lurking and you are going to come back later in the day and watch the replay. Thank you, appreciate you for being here and contributing to this space as always. And again, reason, thank you for the raid. All right, so for everybody who came in and adjusted a very quick recap on our March Madness framing around mental disorganization or just being disorganized. And last week we introduced this. There's three components. Thinking, your mood and balance, okay? And if you're taking notes, what I wanna make sure that you understand is these are the foundational ones. So, our thinking influences our mood. And when our thinking and our mood are misaligned, it throws our balance off. And what you see there is some context around how we define the mental disorganization around our thinking or our mood and our balance.

And we spent a little bit of time talking about how we weight more of our currency, our time, our energy towards the thing that needs it, while at the same time sacrificing or taking away. from things that we kind of have to stop. Whether we were intentional about saying this is a goal that I have, we might park that goal. We might have said this is something that I really want to work on in that project or that, you know, passion that we were investing in. I may have to take a back seat to whatever the need is ultimately. All right, let's go into what it means to be emotionally disorganized, okay? Now, I promise I'm not trying to step on toes, but we are going to spend some time talking about each one of these. And today, we're really going to dive into what it means to be emotionally unavailable. Because I guarantee you, when you think about feeling disorganized emotionally, and what I mean by that is your inability to feel like you've got your emotions in check, or you can have proper emotional response towards things, okay?

Now, this happens, whether we know it or not. Sometimes it is unknowingly happening, and those are those outbursts, those are those impulse responses. It's that feeling that we have when we wanna put the P -A -W -S on people instead of P -A -U -S -E, right? So that we can think, this is this whole notion of I am disconnecting from something, and you see that definition there. It says that it's the inability to sustain emotional bonds in relationships, okay? The inability to sustain emotional bonds in relationships. Now, there's a variety of relationships. I've listed only three here for purposes of time and space on this slide, but I want you to know that ultimately, when we think about emotional unavailability, it is an inability to connect with something, someone a thing, whatever that is.

Meaning I don't feel as though I am worthy of this, this is worthy of me, that I should be present or involved in this. Sometimes emotional unavailability can mask itself

as imposter syndrome, okay? I wanna just state that for anybody who is taking notes. Sometimes emotional unavailability can mask itself as imposter syndrome, meaning you talk to yourself through this lens up, am I worthy, am I enough, should I be here? And because you're thinking about it through that lens, then you take yourself out of the equation emotionally so that you don't have to deal with your thoughts, the hurt, the guilt, anything that you're feeling, the feedback that you may have received, and we're gonna get into that in just a moment, okay? This was, so when we talk about, so when we talk about emotional unavailability, let's go to these three components up here, all right? So everybody hang in there with, everybody hang in there with you.

There with me on this one because we may end up down a rabbit hole of emotional unavailable because here's the thing right and and to my blueprint coaching group I want you to be paying attention because we had some really good conversation last week in our conversation in our group uh call about our wins but we also talked about this whole notion of where what it looks like when we are not intentional on all types of things right so um all of these yes Melissa Robocop Robocop with Kevlar Vests hard hat this KB Browns in here KB Browns is right I think Kayla comes in with the Kevlar vest and KB Browns is always asking for additional gear um and and that is my life journey's uniform is the Robocop nature of it right all of that okay so let's talk about the three of these now okay this first one the professional one Perfect.

Okay. I want to look at you all when I say this, but we can, professional, emotional unavailability looks like I'm unbothered. Okay. Does everybody understand what I mean by this? When we talk about being emotionally on a crystal method, said it, you're coming with, listen, everybody who's in the chat right now. Okay. G class says he's got on an Ironman Hulkbuster suit. He, he came ready. Uh, right. Melissa G is like, how do I get this? C love is asking for the weighted blankets already. Okay. Like, can you put the Dr. Day weighted blanket link image in the chat for everybody? Because when I talk about emotional unavailability from a professional sense, this literally means I am unbothered. I do not care. I am not participating. I am checked out, tuned out, disconnected from the work. What is required of me. Anybody who's asking me, anybody who comes in with the attitude and this is, I don't want anybody to bother me today.

Don't email me. I want you to leave me alone. I'm going to be able to get right. That is, I am not emotionally invested in what is required of me. Good morning. G class. Right. Good to see you. Um, G class, you will be happy to know that I downloaded Opus clips. Okay. That's all I want to share with you. Thank you for, thank you for the, the nudge on doing that. I didn't, I didn't design it. Okay. So when we, there you go. Right. Melissa. And so when we talk about this whole notion, the other thing about being emotionally unavailable and here is your mirror moment. Melissa is this, I am laser focused only right here. Okay. Sometimes it is sometimes being emotionally unavailable professionally means that you have tunnel vision. You are so focused on a goal, a path, an end result, something that everything that's out here in the rest of the strategy. That is

fear does not even exist. Alice Zay, good to see you. Thank you so much for being here. Happy Tuesday. Go give that man a follow ladies and gentlemen, as well as G -Class, the DJ as well, right?

Both, good to see you Zay, I hope you're having a good day. Crystal Method, that is it, those blinders, okay? But here's the thing, we are in the tunnel like this, ladies and gentlemen, right here. Diz, good morning, good to see you. Thank you so much for being here. Happy Tuesday to you. Go give some folks in here a follow, Zay, Diz, G -Class, all of those folks, all right? Good to see all of you. Good morning, good morning gents, all right? Sometimes ladies and gentlemen, when we think about being emotionally unavailable professionally, this literally means two things. One, we can have the blinders on, and so there can be a whole bunch of stuff happening all the way over here. Okay, all the time and we are none the wiser could care less don't want to be involved tuning it all out right we go to work and we deal with our work best eat or the people that we want to deal with because we know for a Fact that that is going to Put us in a space of success, right?

We don't want at all to be available for anybody's extra crap anybody's extra You know Bs anybody's, you know poor attitude. We shut ourselves off to that We are so laser focused on that or we're so laser focused on this is the goal and I will push through at all Costs no matter what even if it means that I have to sacrifice Myself my time or whatever currency that is being emotionally unavailable to the rest of the world or the rest of your priorities So that this one thing can get focused on only for us to go back in and look around to say Man, if I had just spent more time there man, if I'd have just done this thing, right?

Man, if I did just focus and I'm telling you we don't realize it until after we have spent all this time digging in Absolutely crystal meth meth that says it's hard to turn off the peripherals. But here's the thing the peripherals are there It's when we're in the tunnel That we we ignore the peripherals because sometimes we need the things on all that are in the peripherals when we're in the tunnel Because the tunnel closes us off to resources knowledge Access any of those things we become unavailable to the outside world and we do so as a form of protection I need to focus I need to concentrate I need to stay locked in right?

Good morning. Jennifer. Good to see you Right and happy. Happy Thursday, Lord. I'm getting ahead of myself. Happy Tuesday to everybody who is coming into the chat Good to see all of you Thanks to everybody who came in on the raid if you were lurking behind the scenes or if you have recently come in quick reset. My name is Kim Blue. This is the Blueprint. We are here on Tuesdays and Thursday mornings, Tuesdays at 8am, Thursdays at 11am. This is a space where we come and chop it up about all things personal and professional development.

And for the month of March, we are talking about March Madness, this whole notion of being the madness or the disorganization of life. And we're looking at it in three key buckets. We talked about mental disorganization last week. We're talking about emotional disorganization this week. And then next week, we're going to talk about physical disorganization, both in our space, but in our actual physical bodies and what that means. Okay, so take notes, get your boss gear, find your blueprint bestie who can help support you make space on the K couch or give somebody a weighted blanket or see the mods for whatever gear you need because we are off and running in deep into this, okay? So you can get at Latisha P, good to see you. Thank you so much for being here. Be safe while you are driving, okay? And good morning to everybody else who's coming, KB Browns, good morning.

Listen, KB Browns, I know you had your, you were focused on getting into the train station, all good, okay? Hobb says there's space on the pew today. Normally she keeps it for herself with her weighted blanket and pillow, but she is availing the space, should anybody need it? Okay, so here is the framing slide for how we're talking about emotional disorganization, all right? Ebony A .T .O. says she needs some smelling salts. Okay, folks are coming in to get whatever this is that they may need. Now, when we talk about emotional unavailability from a professional standpoint, this is truly saying I'm not connected to this thing that I'm doing. I go to a job, but this is not my career. I show up, but this is not my passion. And I put the word Ikigai in there. Has anybody in here watched, there's a documentary on Netflix called The Blue Zones. If you haven't, please go watch it. It is an amazing documentary. And it talks about, the premise is people who are centaurians, right? So, people who are living to be 100. But it talks about this notion of why they live so long and they have something called Ikigai, or it's a connection to a purpose. It's a connection to their value and the way that they are contributing to the world.

When you are not connected to your purpose, or when you have said, I am so focused on these things here that I must shut everything out, you are now emotionally unavailable to anything that is not tied to that. And that is a choice, ladies, and gentlemen. Sometimes emotional unavailability is a choice, but you are choosing to say everything that is happening outside of here has to pare down or be put down because I've got to now focus in this direction. No matter how. or how long and I'm going to push through and everything will just have to wait and I'll apologize later or whatever the case may be, but you go in head, right, right, eyes wide open, focused on this thing. And sometimes we choose, as Molly Journey says, she's good at emotional unavailability, right? There are times, right, there are times when we excel at emotional unavailability, right? This goes back to being unbothered.

This goes back to saying, that's not a space that I, right, I don't want to do it, this is not my ministry. Right, exactly, your attitude is very peasant. I tell Molly Journey on a regular basis that sometimes her attitude is poor. And we work through it, sometimes

there's some improvement, sometimes there's not, usually there's not, but sometimes if she does not want to do it, she'll be like, ah, this is not what I'm interested in. But that's the mindset that we take related to that, okay? And I'm telling you, it is a choice. We decide for ourselves, right, that this is where we want to be. Let me put the slide back up so we can see it. The other piece to this is that once we have this whole professional unavailability, we show up in our work, right, we show up in our work not giving our best nor do we care about the results that come out of that, right.

If I'm unavailable and if I don't care mentally, right, then whatever happens, happens. It is what it is, right. We get what we get and that's that. And the outcome is the outcome. We don't take accountability, Spartacus. Good morning. Good to see you. Thank you so much for being here. Happy Tuesday to you. Appreciate you for coming in and pulling up. Thank you. We get to a place where we say I don't have to sustain a bond with this job, with this career, with these people because I don't have to maintain a level of connection at all. And that gets into the personal part of this, right. So now we talk about personal emotional unavailability, which is I'm going to disconnect from others through my feelings or emotions, right. My journey said I'm really good at emotional unavailability. There are some of us who are so, anybody in here, right, you're the type of person, I can cut you off in a minute, right. I can cut you off. And I don't have to, we don't have to talk. We don't have to connect.

I can, you know, look at you and be present with you and not care at all. There's a separation between the actual, I, what I need to do, what we need to do in order to achieve this goal. But when it is all said and done, we don't need to hold hands. Your kids don't have to meet my kids. We don't have to go out to dinner, right. I don't have to subscribe to anything that you do other than this is the requirement for us to connect. You actually physically. Remove yourself from caring, from contributing, right? From aligning yourself emotionally because it is a form of protection. Because we do this as humans, right? And we talk about wanting connection and then we disconnect ourselves from certain spaces, right? This is also known as emotional indifference, right? I am indifferent. If you were on fire, I would not put you out. Good luck, right? There's a lot of that. And so we see people who, we see people who do this and then we sometimes do it depending on whatever the level is, but we may decide for ourselves that I'm not invested in this.

And so, it causes this organization because oftentimes when we are emotionally indifferent, I would submit. Reason says he did not come here for this. I think that the doors might be locked reason. Okay So you'll need to see the mods about exiting because I don't think that I think that they I think that we're secured in Last week Kayla tried to get out Unsuccessfully, so you'll need to speak one of them, right? But sometimes we get ourselves into these spaces Where we recognize our emotional Indifference and we decide that it doesn't matter what happens to them I'm not giving

one more thought one more feeling one more ounce of time Absolutely, Kayla, right very very detrimental.

We just decide that we don't have to be bothered and so we are indifferent and so whether someone is hurt whether the work gets done whether the project gets complete Whether our leader gives us good feedback or not. We have already decided That we're not giving anything else Right and then Hobbs makes a great point and then you got she said and then I got told it was me and you realized that you are the source of the emotional indifference, or you are the source of the emotional unavailability, and it starts to shift everything Reason says that's a fire hazard. There are windows reason, but you can't go out the windows either, Right So all those things right Melissa G says her shadow is getting upset like why is she coming for us? Listen Melissa, you already know we are here to do the work and Emotional indifference especially for those of us and so I know so many of you in the professional or in the professional realm You all have let me know where you are.

So for those of us Right, sometimes emotional indifference is a coping mechanism inside the workplace or with our family, right or With places where we need to protect ourselves, okay Sometimes emotional indifference is a form of protection when we are bracing for impact whatever that impact is So for those right, I know there's a fair amount of IT folks in here because we've had that conversation There's a fair amount of folks who work in a variety of settings, whether it's other people or you deal with people in some way, the emotional indifference can be seen as protection. All right. And that's what we mean. So in order to protect yourselves, you disconnect emotionally and you don't stay present at all. Now, sometimes that person, that person, absolutely GIJ, right? We're always on guard.

Sometimes that personal disconnection leads to the social. And we're going to get to that right now where we take ourselves out of G class, right? Where we take ourselves out of no connection to these external communities because it's safe, because we're not exposed, because we don't have to be vulnerable, because then no one gives us a reason. Absolutely. Shelly says it's definitely formed out of a space of protection because if we're protected, if no one can access us, right, cue the Robocop, cue the Iron Man suits, cue the Kevlar vest, cue whatever, right, cue the Terminator gear, whatever it is, but cue it and put it on because when no one can get access to us, right, the Teflon, pick your protection.

But when nobody can access us, that indifference acts as a covering and then we are protected. So now we're prepared when we get that negative performance review, okay? We're prepared when we get the feedback that the work that we put in on this project is not good enough. We're prepared when we get overlooked for the promotion or when somebody says, your bonus is not gonna be as much as it was or I had a different set of expectations for you or your services are no longer needed at this time.

Most of the emotional unavailability that I'm talking about right now is in the professional sense, but we protect ourselves from the inside out. So if the personal is good, then we don't subject ourselves to somebody else's perception, definition, expectation of who we should be and why it did not show up that way. And that's the beginning of where the disorganization starts to happen. I'm gonna take a pause there. Is this making sense in landing? Because you can find yourself showing up with one foot in both, right? We try to protect ourselves internally to be prepared on the outside and then the indifference takes over and now we have moved into this safe space at all. Okay, thank you, Beard and Bourbon Duke. All of these things start to show up together and the emotional indifference really then becomes the driver.

Remember last week or two weeks ago when we were talking about alignment, I said, we're gonna come back to a conversation around it. Ego, super ego in your id. We're gonna talk about that in the emotional dysregulation. I don't think we'll have time to get to it today. We'll have time to get to it on Thursday because here's the thing, in this, right? Our ego starts to take over, right? Our, okay, we browse, right? But our ego starts to take over and our ego starts to talk and it starts to hype us up or it's the source of the self-deprecating behavior. And my manager's not as smart as me. I'm the one telling my manager how to do their job. Is this anybody, does these statements sound familiar? My manager doesn't really know what's going on. I had to train my replacement, right?

Why are you hot? Why am I training my replacement? Why don't you hire somebody? Why didn't you just invest in me? Now we have a new leader that's coming in and they don't even know what it is that they're doing. I've got to come in and now teach the person who is being brought in to do this stuff. I got to teach them how to do my job and this job, right? All of those things. So now I've got to get into this, what hobbies is raising her hand and she's like, Oh, that's me, right? But we say all these things so that we can feel better about ourselves all the while we are becoming less emotionally invested and available for this situation that we're in. It is true, right? Bearded baritone. Good morning. Good to see you. Thank you so much for being here. Okay. Bearded baritone says he's coming in to make sure everybody's in compliance. I love it. Thank you. And so bearded baritone, we are talking about emotional disorganization.

And the first part of this is we come to the top of the hour, so I can do a quick reset before we get out of here in a few minutes. Right? Is this we are going we are talking about being emotionally unavailable. Okay. Thank you, Kay. And for being intentional about saying there's this inability to sustain these bonds and these sometimes that inability is a choice and we do so out of a means of protection, so that we don't we don't feel that lack of connection or purpose intentionally or we disconnect from others or whatever our social communities are. And why we do that. And we do that because we want to feel protected. We do it because we don't want to be vulnerable to the feedback.

We don't want to be vulnerable to, you know, anything else. So I want to I'm going to put the first link to the chat in here.

Okay. To one of the articles. Now this one is on emotional capacity. We're not going to get to emotional capacity today. But if you're so inclined, I would love for you to read it ahead of Thursday. So there it is. And it's from this website called predictive index. And it talks about how to build it, but it also defines what it is now we're not going to get into that until Thursday, but I wanna start with this one right now, okay? Because it's very important when we think about that. I want to also begin to introduce emotional stress because these two are very much related, okay? And the article for emotional stress comes from this company called TalkSpace. Again, I think there's something to be said for acknowledging and getting some information ahead of time so that you can be prepared. And so you don't have to read the whole thing, right? There it is.

Thank you, Malak. Okay, but there are the first two articles when we talk about this. So the one from TalkSpace, okay? And then the one from Predictive Index. Both of these are... very well written, easy to understand, and fairly recent, like within the last year, you all know me, right? And it also goes into signs and ways to acknowledge and recognize what's going on, all right? So now, we have talked about emotional unavailability. When we show up emotionally unavailability, our mood and our thinking are first what's impacted, because our thoughts start to put us into that protective space of, I don't wanna be here and I don't want anybody to have access to me. If we go back to the slide from February that talked about the four ways to get in alignment, two of those, one was around having a confident voice, the other one was around exiting our comfort zone.

When we are emotionally unavailable, that confident voice is not present, and we stay in that comfort zone because it's the bubble that we have surrounded ourselves in to stay safe. I know the crazy that I can deal with here. I don't have to worry about dealing with other people's expectations. I don't have to take on any new work. I don't have to overextend myself more than I already have. So because I'm not available, because I'm disinterested, because I'm not present, people will leave me alone. That's the perception that we want to give off. What we're really saying is that there's this whole notion of emotional stress that is now present. So we'll have just enough time to introduce emotional stress before we get out of here.

So emotional stress is stress that causes an intense or negative response when you feel certain things. Now, sometimes we are emotionally unavailable because we are worried, because we are afraid, we are frustrated, we feel like we are in danger, or we are experiencing a level of sadness or grief. Let me be very clear about that, okay? Sometimes this notion of emotional stress, right, can cause, can be triggered when we feel these things. Now, let's connect the two dots. If you're in, if you're in a work or professional environment, okay, let's say you've just received a performance review, you, your leader has asked you to have a conversation, you are getting some feedback.

There is some type of change that is being communicated to you, whatever that may be. If you don't get a heads up about it, if you don't get any idea of what the subject or of the conversation is going to be, now you're going in with a little bit of worry, okay. Or maybe you're frustrated that you didn't get the information that you needed so that you could be prepared, okay. Or perhaps you're feeling anxious, like, well, what is this conversation about? I hope everything's okay. You're trying to go back and think through what are the last, things that I did, did I miss something? Did I do everything that I was supposed to? Why am I being called into this conversation? And so all of those things start to show up. And then what happens is when it shows up like this, you start to now have all these physical or physiological responses, right? And now your focus is impacted. It's difficult for you to concentrate, right?

And these physical ailments start to show up, right? So you may experience headaches, you may experience, and headaches are very common for people who are dealing with a level of emotional stress, especially if you are consistently emotional stressed across multiple areas or categories, right? Kamie Brown says, I wish you could give management a performance review of suggestions they need to abide by. Listen, we talk about two-way feedback, but so many companies, Kamie Browns, don't do it. It is only one-dimensional. Good managers will say to you, what can I do? Or how can I help? Or what do I need? What do you need from me to be better, right? There are some professions that are out there where the emotional stress simply is environmental.

There's nothing they can do about it, right? For those who work in emergency response situations or for those who may in fact work with children, if you are an educator, if you work in very high stress environments, depending on the organization that you work for, right? When I worked at ESPN, we were on 24 hours a day, seven days a week. Everybody always had eyes on the network at some time. And so everybody had to be on their P's and Q's, which meant if there was any type of unrest anywhere, it could trigger all of these things, right? And people used to talk about... And they would come into the gym when I worked in the gym before I moved in the HR, they would come into the gym and just, you could see the stress on their faces, in their bodies. And they would physically be responding to the fact that they had been sitting in a control room in the dark for 12 hours editing or producing TV, right? And so then you come into work and it's dark, you leave, you sit in a dark room, you leave out of work and it's dark and you've not seen sunlight for 24 hours.

How would that make you feel, right? Some of that's what I mean when I talk about environment, right, sometimes your environment triggers that. But when we think about this whole notion of emotional stress in the professional environment to the example that I was given, if you are in a situation where you're now being asked to do something, it can trigger this worry, it can trigger this fear, the frustration. You might feel like you're in danger in some way. And by danger, I mean, you feel like. You're not protected. Okay. And so what do you do? You immediately dial back the emotional

investment so that you don't get hurt But while you're internalizing the stress it triggers a headache it could it could trigger stomach pains It could trigger muscle spasms, right?

It could trigger so many physical illnesses Some people get cramps some people get all types of things bearded bourbon do thank you so much for being here I hope you have a fantastic rest of your day or please. I hope you decide to come back Okay, so all these things then show up and you get these negative responses when they are very common and consistent situations, but depending on how they are presented to you and depending on what other stress that you're under right? Can be how severe yes reason 100% right Listen to folks who experience ulcers stomach cramp indigestion Heartburn the that is physical responses to emotional stress. Does everybody get that right? I suffer from ulcers Not the not the nice friendly ones I say nice friendly ones right but not the friendly ones that are like in your stomach My ulcers are actually in my colon So you can imagine the type of stress that I have been under in my life, right?

Because I had those type of ulcers So when I am really stressed, and I have an ulcer in my colon my entire Body is flatlined. There is nothing that I can do until I have cycled through whatever antibiotics or whatever thing that I need So my when I'm underneath that level of emotional stress It triggers an ulcer in my colon which means that things like eating become painful and we need to eat to live But when you eat and you go through the normal digestive process, right all of that is painful for me and I can't experience any of those things, right? So, what is meant for my good, eating, enjoying food, because eating is a connector, right? You laugh and you connect with people emotionally through eating, but now I can't even enjoy something because the emotional stress has triggered a response in me and now my body's like, I can't process that.

So, I've got to shut this other thing off over here so that I can now deal with all these things that are happening. So ulcers, headaches, cramps, a lack of focus, right? And my headaches, I mean, like migraines, all of those things, right? Sometimes it's muscle spasms. Sometimes it's pain in certain parts of your body. It could be feeling cramped, right? In your neck, right? It could be hearing a ringing in your ears. It could be an over... It's accelerated heartbeat. I'm just saying reason, I'm just, listen, I'm speaking for myself too. I experience all of these things. But the reason that we're talking about this is because when you're in a professional environment, sometimes you have to hold that in. There's no place for it to go, right? There is no place for it to go. And so because you're internalizing this emotional stress brought on by people, brought on by other places, brought on by information, changes, anything that is outside of your control, all of that then shows up through these emotions, through these feelings.

I'm now worried, I'm now fearful. I'm fearful that I'm gonna lose my job. I'm fearful that we're gonna get this new leader and there's gonna be layoffs, right? All these things. Am I in danger or am I safe when I come in here every day, right? You might even be experiencing some sadness and sometimes the sadness can be, my work bestie is leaving, my manager is leaving, right? I'm coaching somebody right now who expressed

some very real fear and sadness relating to the fact that they were changing managers and the manager, the leader that they had prior very much was supportive of their personal situation in terms of health conditions and family.

And having to now go tell my story to someone else. So the emotional stress that comes with, am I gonna receive advocacy? Am I safe? Is my job in jeopardy, right? And so now how do I balance those emotions and make sure that I'm still showing up? All those things tap into our emotional stress, right? How do we stop internalizing? That's what we're gonna talk about Crystal Method because here's the thing. More often than not, instead of opening up and talking about our problems, instead of opening up and saying I'm frustrated about it, or this is the thing that is keeping me stuck, right? Cause how many of you all feel stuck when that emotional stress takes over? Because ultimately the stress takes over and you can't focus on anything else. It's the thing you always talk about. It's the thing that, you know, you're reading about.

When people say, how are you doing? It's the first thing that comes up. You can't even acknowledge anything else because the emotional stress has now overshadowed your ability to accept or receive anything good to be in a good space to receive positivity. Absolutely. It's like a stress treadmill or like a stress hamster wheel. And you're just running on it, trying to get off and it just stays with you. And you hold onto it until you are in a place to dispel. All those things, right? And so now you're dealing with these physical ailments. Now you are not in a place to openly talk about your physical ailments because you don't wanna be judged and you don't wanna be seen as incapable, right? And so now what do you do? You disconnect from others and you limit your social interaction. And sometimes the social spaces are the very places where the support that you need is present, but we cut ourselves off from that.

So now there's two pockets where we're feeling emotionally disorganized. I don't have any social community or anybody that I can talk to. I'm feeling bad about myself and now I'm talking to myself in ways that's not healthy or productive, right? If you have been in DJ Classics' stream on YouTube, right? She talks about self-talk and the way that you use words to talk to yourself. Am I talking to myself kindly? So now all that's turned off and we've replaced that with the words or the energy related to worry or frustration or fear. And now we've worked ourselves up into this entire space and we are trying to figure out how we got into this world, but usually it's self-induced sometimes, right? We are adapting to the story that we're telling ourselves in our head or the story we think we're going to receive from somebody else when we interact with them.

And so, there are ways to combat the emotional stress. How do we stop it? How do we get to a place where we are not stressing ourselves out for good reason, for the right reason, for any reason, whatever that may be, okay? But when we think about this whole notion of what's going on, there is some intent around saying, I can choose what type of stress I'm involved in. I can choose to lean in, but it ultimately crystal met them and we're going to have to get to this on Thursday because I only have three minutes.

Okay. Ultimately, it comes down to do I feel safe? What kind of currency am I willing to put out there to invest in myself? So am I putting my time back in myself?

Am I putting my love back in myself? Right? Am I putting you know, anything else that is a currency that we spend energy back in myself? And this also gets into the physical disorganization because here's the thing that I didn't touch on when you're emotionally stressed and you're having those physical ailments. Now we're not doing anything positive. We're not going to the gym. We're not eating right. We're not walking. We're not doing yet. We're not meditating or breathing. We're not in any practices to combat the emotional stress because the the feelings related to it shut all of that down. And it is tied to hormones and all of these things that I'm not going to get into right because there's a whole science behind why our brain releases certain chemicals that keep us there. So on Thursday, we will balance out how we deal with the emotional stress and getting away from that.

And then we're going to introduce emotional capacity, okay? And so I just want to show that to you, you are absolutely crystal method. There's a whole lot of neuroscience behind that. And you see the first thing that's there underneath emotional capacity is what is our ability to overcome limiting beliefs and those limiting beliefs of the story that we tell ourselves, I'm not going to be good enough or I'm not enough, right? I don't have what it takes to do this. You know, I don't know why they may have chosen me. I'm really not the right person for this writer that actually is someone else's responsibility. I shouldn't be responsible for this. I don't think I can do it. Anything that limits our belief in ourself, any statement, anything that's that, right? We show up more often than not and we say, I'm just going to push through, I'm just going to keep moving forward, right?

Things are going to be okay. But in actuality, we're not taking time to manage the emotional stress or assess our emotional capacity at all. And so it all comes down to how do we make sure that we balance all of these things? And how do we get on the other side of making sure that we can be more emotionally aligned instead of emotionally disorganized? All right. So really quickly before we get out of here, here are the three buckets for emotional disorganization. We opened with emotional unavailability. We also dived a little bit into emotional stress. And then on Thursday, we're going to talk about emotional capacity. And then I'm going to define how we get away from this and then make the connection between both the mental disorganization and the emotional disorganization. Because the two together are what manifest on the physical side, how we care for our space, meaning if we're organized, right. You heard me talk about the piles. week, the piles of paper, the piles of mail, the piles of clothes, the piles of shoes, the piles of dishes.

Fill in the blank with whatever your pile is, but that represents the actual physical manifestation of being disorganized, which is an extension of the physical body, right? How you're disorganized physically in your body. Am I eating right? Am I taking care of myself? Am I sleeping? Am I speaking up? Am I going to therapy? Am I getting the

things that I need? The piles, my life journey. So many of them, right? So many of them. I have a credenza behind my desk, and to know me is to know that six months ago, it was covered in piles of mail, okay? Reason, right? But it was covered in piles of mail that I just had been avoiding because I did not have the mental capacity to put time into actively reading and recycling or preparing to shred or all of these things.

Yes, Shelly, okay? Absolutely. And because I'm an empath, I feel it so much more intensely. So when I look at the piles, guess what the piles do, folks? The piles of mail that I know I need to go through or that I need to deal with calls me emotional stress because I'm frustrated and I'm worried that I'm late and missing something. And I'm being intentional about saying, all right, I've got to go through this, but then what if I find something that I'm delayed and then am I going to be able to take care of it? And then am I going to be in a position where I have what I need to be able to do that? And so now I'm stressed emotionally, absolutely the anxiety. And so what do we do Shelly? We then withdraw and we slip away into avoidance, but what do we know about avoidance? Avoidance is not a strategy.

And so, there's no avoiding the piles. There is facing the piles head on and being intentional about, I'll get it for you in just a second. I'll get it for you in just a second, okay? So all of that. So then we completely withdraw, totally shut down, right? And then all of this happens. And then we move away from the organization into the disorganization. Hi, Freaky Gamer Girl. Good to see you, Freaky Gamer Girl. We talked about, here's the slide really quick before we get out of here, because we're gonna go see Alize this morning, okay? Emotional unavailability, emotional stress, and emotional capacity. We got to unavailability and stress today, Freaky Gamer Girl. We're going to get to capacity on Thursday. And then we're gonna connect the dots and crystal methods and how do we get over this?

This is the book that I'm reading right now. It's called The Empath's Survival Guide, okay? Because I feel things much more intentionally and intensely. You have to have ways to be able to cope, right? And so, here's the thing, the pandemic did not help us, ladies, and gentlemen, because then there was nowhere, we could leave our houses and go to work and go to social spaces and get away from the piles. The pandemic was like, no, you're gonna look at this pile. You're gonna deal with these clothes. You're gonna get into these boxes that have been sitting here, right? Can, yes, Freaky Gaming Girl, I will absolutely post the book. So, I don't take credit for this. This was referred to me by Lisa the X, also known as Brown Whiskey Woman. Her and I had a conversation sometime last year and we got to talking and she said, I'm gonna send you a book, Kim Blue.

And so she made the reference, the referral for me on this one, Music Spasms. Diamond Lee, good to see you. Thank you so much for being here. But here is the book. Yes, reason. Can you see it? The empath's survival guide. I show this to my luck during she immediately downloaded it. So it is available on audible for those who are there.

Okay. Shout out to Lisa the ex or brown whiskey woman please give her a follow. We had an entire conversation and she referred me to this book. So, I do not take credit. I like to give credit where credit is due. So she put me on to this. So if you see her and other streams, please give her her flowers because she put can we want to a really great resource and I am all about sharing. And you're right, dominantly, COVID either grew relationships or ended them. And as we talk about emotional disorganization, talk about a massive trigger into how emotional disorganize with COVID was the biggest mirror moment we could ever have.

We don't have time. We're already five minutes over. Okay, but shout out to everybody who good morning, Amy key. Good to see you. Thank you so much. Um, for being here. Listen, going to a shredding event this weekend. Listen, shredding events, massive recycling events, anything that creates space. That's peace, ladies and gentlemen, and we're going to talk about that on Thursday when we talk about emotional capacity. Okay, so I hope everybody will come back, bring a friend catch the recording if there was something that you missed. One more time. The empath survival guide if you need it. Okay, life strategies for sensitive people, and you don't have to be sensitive to just read this they're just maybe strategies in here that might help you. Okay, it's written by Judith Orloff. She is a doctor. Okay, and she is the book that she also wrote is called emotional freedom. So there you go, ladies and gentlemen, I've not read emotional freedom.

Okay. Thank you my life journey for putting that in the chat. All right, ladies and gentlemen, good talk. Okay, this session of the blueprint boardroom is officially about to come to a close gather up all of your notes and pins and things we are going to get out of here. I appreciate all of you. to everybody who was active in the chat, who contributed, who participated. If you were listening and commuting, thank you, thank you, thank you, okay. Yes, it is safe to get out of your tank, K .B. Brown's My Like Journey, and K. Lock, if you're still here, you can unlock the doors, we can exit now. Okay, there it is. The doors are unlocked, okay. We are on our way, if I can spell raid correctly, because I think K. Lock is, I think K. Lock is working, so he normally does this. So we are on our way to go see DJ Alizay and go give him some support and go send. Shelly, I'm doing the same thing today. I have one, I told My Like Journey, I was like, I just made it through a pile last week, right. So just know folks, I'm doing the work while I recognize some of this with people who are also doing this work, okay. So just know that I'm not above what it is that I'm doing. The social scientists in me, right? That's what I am, right? I'm an organizational behavior specialist. So I am a social scientist. So the social scientist in me recognizes that I need to do my work to be more credible and meaningful as I talk to you all about doing the work and working through this.

So, I am not above it at all. Okay, so I'm about to go through these piles too. Ms. KB, my pleasure. Shelly Funda, my absolute pleasure. Okay. Thank you everybody for being here. All right. I appreciate you. I want to encourage you to take very good care of

yourselves. Normally I do the mantra on the back end, but I want to make sure that we acknowledge that you need to take care of yourselves and recognize where you're stressed and where you need to put your energy. Okay. Always, KB Brown, it's my pleasure. Thank you so much for being here. All right. Copy the raid message. We are on our way to go see DJ Alize. I am sending you into your Tuesday with all of the energy and light that you will need to guide you. All right. Take very, very good care of yourselves. I will see you all on Thursday.