



## Impact Zone Part II

“All the help I can get...”

In the last issue of EnergyMatters I talked about gathering your resources to you when in the impact zone. It might be helpful to speak a bit more about resources that are available to each of us. Let's break resources break down into two categories, **Internal** and **External**.

Internal resources are the type that I mentioned in Part I, a lungful of air, my ability to relax in the water, and my experience with similar situations. These inner skills and strengths are crucial during the hard times. *But there is a trap here. If I over focus on my internal resources, I can easily miss external help. Of course, the converse is true as well; if I'm too busy orienting to the external, I may forget to utilize my inner resources.* The secret is to be open to both.

Let's go back to the surfing analogy. When surfers ride truly giant waves, they work in pairs and use a jet ski to tow their partner into the waves. They also use the jet ski to rescue their partner from the impact zone. While the surfer is sucking in air, preparing to dive, bracing for the impact, etc. he is also swiveling his head around looking for his buddy on the jet ski. If there is enough time, the ski driver can dart into the impact zone, drag his partner onto a sled behind the ski and get the heck out of the area before the next wave detonates. This is a perfect example of an external resource being invaluable to the person in the impact zone.

While I've never used a jet ski or surfed these massive waves, I can imagine that I would be very receptive to a fast trip out of the impact zone. *What a deal!* It's either that or take a beating (or several) while I'm waiting until I can swim out under my own power.

As I reflected on this topic, I was distressed when I considered the number of times that I have been in one of life's impact zones and simply not thought to look for external help. I was too busy focusing on my internal resources or panicking or pretending that I wasn't really in an impact zone, etc. Even worse are those times when I've refused available help. Sometimes I thought I was supposed to do it on my own. Other times some silly mental construct or belief system got in my way (i.e. “I don't deserve help,” “no pain, no gain,” etc.) Whatever the reason, the sad truth is that I have taken many beatings even though available external help could have saved me from that pain.

Here are two good questions for your next stay in the impact zone: *What external help is available?* Assistance in a time of crisis is part of the great value of community, family, friends, partnerships, et al. *What internal help is available?* If one of life's jet skis can't get to me, I'll have to turn to my own strengths, to my internal bag of tricks.

If you'd like to deepen the inquiry, here are two more questions that I've worked with for many years. *What is it, inside me, that prevents me from seeing or accepting external aid? Why do I deny or ignore my internal resources?* While I usually don't like the answer, it does help me to know myself more deeply and to clean up my inner issues.

*Ultimately, my goal in the impact zone is to take advantage of all the help I can get* so that I can leave the painful and dangerous area as soon as possible. More and more I'm trying to avail myself of every internal **and** external support. At this point in my life, I finally understand that using all available help is the best option.

Wishing all of us the best of luck and a swift passage through life's impact zones,

Doug

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