

A COURSE IN  
**Business** *Miracles*®  
Mentoring For Highly Sensitive Entrepreneurs

**A Course In Business Miracles Podcast  
Episode 63**

**False Safety**

*Transcript*

Welcome to A Course In Business Miracles. This is Heather Dominick, creator of [www.BusinessMiracles.com](http://www.BusinessMiracles.com) and founder and leader of the Highly Sensitive Entrepreneur movement since 2010. Join me today for some genuine practical assistance and a business altering and life changing experience, A Business Miracle.

This is a Course in Business Miracles Episode number 63, False Safety. In this episode you'll learn the clear warning signs that alert you to the act of abandoning yourself for what you think is "safety", but is actually only the low-level misery you've come to know as "normal". This is a must-listen-to episode and a crucial first step to take if you desire to thrive as a Highly Sensitive Entrepreneur. This is access to a Business Miracle.

As a highly sensitive if you're comparing yourself to the other 80% you will always be wrong and you will always not be enough because you can never be who they are. Your system is not wired to do so.

What's really important here, because today we're going to be looking at the HSE Coping Cycle so what's important about this is that we have come to associate the feelings of being wrong or the feelings of being not enough we've come to associate that with being safe. If that feels like a stretch to you then I'll say this, at least, you've come to associate being wrong or being not enough with being comfortable. If you didn't then you wouldn't need a Coping Mechanism.

It becomes so automatic to beat ourselves up that it literally feels unsafe to not do so. It's become so automatic to beat ourselves up that that creates a pattern that makes business success very difficult or, if nothing else, it makes business success feel threatening which Kristen was speaking to earlier. Every time we are triggered into our HSE Coping Mechanism we are abandoning ourselves, we are abandoning that true self.

Are you willing to be who you are? It's a coming back to self. Thank you. When we are in our HSE Coping Mechanism we have abandoned ourselves. This shows up differently for pushers or hidiers. A pusher will abandon themselves by feeling very frantic, will not have any free space or time, will have a to do list, and almost be addicted to getting that to do list done. Will not slow down, will pile on projects to make sure that there's no possibility or room to even slow it down. Will experience injuries, sickness, and keep working through them.

Lynelle and I were talking about this is two recovering pushers, we were talking about this at a team dinner and talking about experiences that we had back in our lives and careers when we were pushers. I said to her, "You

know? One of the things that when I was really pushing I would get sick all the time." Lynelle was like, "Well, I don't know if I really got sick," and then she was like, "You know what? I did get sick but I just kept working." I was like, "Oh yeah me too. I didn't stay home. No way." When I worked as a high school drama teacher I pretty much got sick with every production because I believed that the only way I could get that production done was to fully push to the point where my body just broke down.

Also, as a pusher the rebel will show up a lot as the pusher. "You can't make me. I'm going to do my own thing," even when that own thing is destructive to self. The pusher will often feel hurt by the fact that others don't acknowledge how hard they're working. "Can't you see how much I'm working here? Can't you see how hard I'm working?" Here's the thing, an 80 percenter will never see it because that's a natural state for them. They don't understand the toll that it's taking on you. A pusher will come to something like a training retreat and say basically internally, "Prove it to me."

A hider is going to take anger, and take it inward, and hold it in. It's an imploding type of experience. The hider is all about avoidance. The hider is also a rule follower and a people pleaser. The hider will do for others before she/he does for herself. The hider works really hard to control, to create that safety. The hider is operating under a lot of fear. The hider will come to something like a training retreat and say, "Can you just give me the notes and then I'll go back to my room and I'll do it there," and, "Please don't call on me."

The combo platter, as I said before, is back and forth between the two. It is a massive act not just of self-abandonment but self-torture and very difficult to make any movement forward because it's as if you are pressing the gas and the brake of a car at the same time. I remember when I learned how to drive it was back in the day when there was still stick shifts, which I miss, and I remember being in the parking lot of the community college in my hometown with my father. I'm looking to switch the shift and not only do you have a gas and a brake but you've got a clutch. I was looking to shift gears and I had my foot on the gas but couldn't quite get the shift because I didn't have my foot on the clutch and the car was just going like this and it just wasn't stopping.

Being the highly sensitive child that I was my father is saying, "Put your foot on the brake," and I'm like, "What is the car doing?" "Put your foot on the brake?" "But what is it doing?" I wanted to understand. He was like, "Can you just stop first?" That is what I always think of with the combo platter, just put your foot on the brake so you can at least just stop, and breathe,

and connect. Then put your foot on the gas so that you can go forward. Obviously, that was a very visceral moment in learning to drive and it's always like that when you're in combo platter. It is torturous. Deep breath in, and let it out.

It doesn't really matter if you are a hider, or a pusher, or a combo platter. The only mattering is that it helps you to more clearly understand how you tend to react, how you default. I really want to emphasize that one is not better than another and one is not worse than another. Please don't find yourself sitting here and being like, "Oh God I wish I was just a pusher. Oh geez if I could be part of that club oh, it'd be so much better." None of them are of service. It is, again, simply about the reaction, what you tend to. To understand it so that we can change it. As part of understanding it is then to understand how the super ego voice shows up because the super ego voice is going to show up differently for a pusher, than a hider, than a combo platter but it is going to show up. We want to understand that so we can choose differently.

As I said yesterday and I'm sure you've heard me say before, no matter how much information you take on it is never going to quell the super ego voice. Ever. You could become an expert in marketing videos and if you're a pusher you will push your way through to make sure that you get a perfect marketing video out every single week and that super ego voice will be raging through all of it. You will be exhausted and you will not be in your true self which means you will not be fully client attractive and you will wonder why and how as you are getting these videos out are they not doing what they're supposed to be doing?

If you're a hider you can take that course on video marketing and you will absolutely perfect those videos, you will know everything that you need to do to get a video done from A to Z and you will probably never actually get a video fully created. If you do, you won't put it up and you won't put it out online because there's going to be one more thing that's going to need to change about it. It doesn't matter. What matters is how do you show up to the video marketing course? Are you able to be in a place where the super ego voice is quelled and instead, we're able to access the Sweetheart Spirit voice? We're able to access self-kindness? Then we're able to create from that place which our space of being in an HSE strength of creativity which then we are our true self.

Then we are very client attractive and it doesn't matter if the video is one minute longer than it's supposed to be. It doesn't matter if maybe you said the wrong word at the end of the video or it doesn't matter if maybe the copy on the last video screen has a typo in it because you are so able to be

in that HSE strength, to be able to be your true self, to be able to be that ultimate client attractive that your sacred contracts will respond. They won't notice that it's one minute longer than it supposed to be, they won't notice the typo, or if they do they won't care. That is where we go. Deep breath in, and let it out.

Thank you for listening and I hope you enjoyed this episode of A Course In Business Miracles. If you're ready to learn how to use your highly sensitive abilities to support your in being purposeful, profitable and empowered rather than scattered, poor and undervalued, take my free self quiz to find out if you are indeed a Highly Sensitive Entrepreneur. And if you are, along with your quiz results, you'll receive my free HSE Success Guide, which will teach you how to have your highly sensitive abilities working for you to create the results you desire in your business.

Take the quiz and receive you free success guide now at [www.HSEQuiz.com](http://www.HSEQuiz.com).

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