



# Antagonistic Mentoring

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Antagonistic Mentors	Open to the Guidance
<p><b>Name it.</b></p> <p>My young son teaches me a lesson.</p> <p>My Son is my antagonistic mentor every day. When he was 7, he called me a bad mother one day for having given him a Disney movie to watch that I had no idea featured a “poacher” character with a gun. He was a very sensitive child and he freaked out, blaming me for being a “bad mother”.</p> <p><b>Feels.</b></p> <p>Shame; shock; worry; defensiveness; anger</p>	<p><b>Guidance about the trigger . . .</b></p> <p>William is a highly sensitive person.</p> <p><b>Guidance about yourself . . .</b></p> <p>I need to be an attached parent. I had given my son a g-rated movie to watch on a drive, but had not previewed it. Not the worst thing a mother could do, but the lesson was deeper than that. I had to bear the heat of his accusation. It was hard. I was hurt. But I stayed open to him, endured the heat and ultimately received the message. I am a better mother for it.</p>
<p><b>Name it.</b></p> <p>Sudden change in income.</p> <p>My recruiting business suddenly stopped making money. I felt like a complete “loser”. We were only months away from being completely out of money. I am the sole provider for my family.</p> <p><b>Feels:</b></p> <p>Fear; shame; overwhelm.</p>	<p><b>Guidance about the trigger . . .</b></p> <p>Time to a sudden move out of Northern California to a lower cost of living area.</p> <p><b>Guidance about yourself . . .</b></p> <p>The painful stall in business over 6-months forced the move, but as a result I have been given the space to create Career Ecology. The move has been very healthy for me, and for my son and husband as well. We were not prepared to move without this kick. We’re in San Diego now, where we feel we belong.</p>