

## podcast 10

Hello and welcome to episode 10 of Pockets of Pleasure with me Techla - The Sensory Coach.

In last week's episode we started to explore the sensory types - what they are and what they can tell us about our selves and others.

I explained how understanding your sensory type can help you to own your pleasure without any sense of shame or embarrassment. How it can help you to feel more confident and comfortable in your own skin, bringing a greater sense of acceptance .

The bonus of having this understanding is that it also helps you to allow other people to be their full selves, with less judgement and, perhaps more importantly, less self judgement.

With that in mind, this week we're going to dig a bit deeper into how the knowledge of the sensory types can help not only our relationships, but also our work and even our finances.

But first, let's have a quick recap of the 4 types.

In no particular order then, we have the avoiders - whose one word intro might be 'precision'. They know their preferences inside out and will do whatever they need to in order to stay within their sensory comfort zone.

The Seeker's one word intro is MORE!! They need copious amounts of sensory stimulation in order to feel good, and they will go out and find it - be that on a wild rollercoaster, jumping out of a plane, wearing all the colours or eating the spiciest foods.

The Sensor's one word intro would most likely be overwhelm. They don't need much in the way of sensory input before they feel that it's all just too much, but, unlike our avoiders, they're not set up to preempt overwhelm, which means they can often find themselves struggling which may involve behaving in less than ideal ways.

Finally we have the bystanders. Our easy going, nothing phases them types whose one word intro is oblivious. They tend to be great people to be around, if you're not offended or frustrated by those who don't spot the finer details unless they're pointed out to them.

Of course, as with everything to do with humans, it's all much more nuanced than this, but these

simple explanations afford us a way to begin getting curious about ourselves and the people around us. They give us potential insights that can lead to a change in our perception.

In my sensory workshops I use a cartoon of two people arguing whilst looking at a figure on the floor. Depending on which side you're viewing it from, it can be either a 6 or a 9. This is a simple, very clear way of demonstrating how easy it is to get locked into our own perspectives.

As I was preparing this podcast I had an email from Hay House - alas they weren't asking me to write a book for them, it was just a standard marketing missive! But one line in particular struck me as the perfect summary for this episode. It was a quote from Dr Wayne Dyer:

"If you change the way you look at things, the things you look at change."

Seeing the world through another person's sensory type really can bring about significant changes in our lives.

With this in my mind, as we go into the first mini break, why not ponder which elements of your own life that you want to change, might simply need a change of perspective?

## **MUSIC**

Welcome back

I could talk at length about the different ways the sensory types interact with each other, but I find that people tend to get a better grasp of a topic by hearing other people's stories which they can then relate to their own experiences.

The main example in my own life is the interactions between me and my husband.

Four years ago, when I discovered the sensory types, it was as if a decades long fog had lifted. I understood myself better and as a result was better able to advocate for myself, and I also understood him better which meant that I was able to stop seeing his thoughtlessness borne out of obliviousness as a reflection on me.

I'm a sensor and he's a bystander.

Having this knowledge allowed us to understand that we weren't just a man from Mars and a woman from Venus cliché, but that we actually experience the world in very different ways. A simple example of this is that he now appreciates that just because he doesn't think it's cold

enough out to warrant a coat, scarf and hat, doesn't mean that's the case for me.

Whilst previously we would both become entrenched in our own perspectives, now, mostly, we can stop, take a breath and ask questions to determine if we're experiencing a situation differently.

A recent example of this happened when we were trying to organise the understairs cupboard of all things!

Voices were getting louder and frustration was beginning to set in. He got a pen and paper to draw his idea, then I drew mine, which only confused the matter more. He couldn't make me see what he was seeing and vice versa. In the past, at this point, we would both have become very angry and someone (not always me!) would invariably storm off and we wouldn't talk for hours, days or even weeks.

However, with the knowledge that we do have very different ways of seeing and experiencing the world, my husband, instead of escalating the anger, got curious instead. He looked at the drawing, thought for a moment and then asked if I was viewing the cupboard from a bird's eye view or, as he was, from the perspective of looking into the cupboard from the doorway. Bingo! Calm and understanding were restored.

Now this particular instance isn't strictly speaking a sensory related one, but understanding came from the knowledge of how our differing sensory types affects our experience of the world in often markedly different ways.

Having the knowledge of these 4 sensory types allows us to develop curiosity and compassion for the experience of others.

I know several couples where this bystander/sensor dynamic is at work. I've seen the frustration when the sensor feels the bystander's lack of attention is a personal slight, just as I've seen the bystander's annoyance at their partner's positively unchilled attitude, many, many times. I've seen it almost destroy relationships simply because neither person had the knowledge that they were, to all intent and purpose, existing in different worlds, even though they shared the same physical space.

Once the seed of knowledge has been planted it can, if nurtured by both partners, develop into a deep appreciation, understanding and trust of one another, repairing and strengthening marriages that were headed to the divorce courts.

The same principles can be applied with friends, colleagues, family, children, even irritating random strangers. No, it isn't a magic wand, but it can sometimes feel like it.

When one of my friends took the quiz and discovered she was a sensor, she told me she cried. Finally, after more than 40 years she was able to see herself from a different perspective than her mother's which was that she was neurotic and a problem to be suffered.

I suspect this is an experience many sensors would echo. But it's not just sensors who can be misunderstood. All 4 types, when viewed through the lens of a different type will often seem to make little if any sense.

Seekers might be seen as pushy, demanding and hard work - like an over excited puppy that needs to have all that excitability trained out of them. Or the avoider who is 'too anal' and just needs to 'loosen up and have some fun'. The bystander, as you've already seen, can come across as insensitive and uncaring by their nearest and dearest, whilst the rest of the world sees their laid back, easy going nature.

Once we throw our 8 senses into the mix, it's easy to see how easy it is for misunderstandings to develop, often with devastating consequences.

How many people have lost relationships and jobs because of an often easily solved difference in perspectives? No, understanding the sensory types isn't a panacea - one test does not a personality make after all. There are lots of factors that go into creating the person we are, untangling them can be helpful when done from a place of curiosity and not an 'I need to solve the problem of me' one. Self knowledge through exploration can open up new, wonderful ways of experiencing life as our whole, complex selves. But it bears mentioning that it can also be difficult and throw up things we might not expect or want.

If in doubt, always apply copious amounts of self compassion! Oh! That would be a rather excellent marketing line for my signature essential oil blend, wouldn't it?

And on that note it must be time for another break, when we come back I'll get to the bit about how the sensory types can help your finances, along with this week's pocket challenge of course.

## **MUSIC**

Welcome back.

The other day I saw a post on Instagram that was encouraging retail therapy as a form of self

care.

Whilst retail therapy has its place, more often than not it's a search for something that's missing from our lives, or a form of escapism - listen to episode 7 for more on escapism.

Often retail therapy can become a hollow, momentary experience of excitement and escape, which often leads to us feeling worse as we realise our purchases haven't solved the problem, instead landing us instead with added financial strain and clutter to deal with. And so the cycle begins again.

As a lifelong retail therapy aficionado I have plenty of experience of this. But what I've come to realise is that, in part, it's my sensory needs that drive it.

If I haven't been practising what I preach, and that dull empty hunger creeps up on me, my natural tendency is to 'treat myself' by buying something online. And, to be completely honest, that hunger is satisfied... right up until the moment I've opened the package. That old devil anticipation has been at work again, and now the thing is there in my hands it loses its magical ability to be the potential solution or the source of my escapism (there's more on the affect anticipation has in episode 6).

The sensory types coupled with pockets of pleasure gives us the ability to really get to know ourselves, discover what brings us joy and accept (if we choose to) the things that we don't enjoy, even if they are things society or those around us think we SHOULD enjoy. I give your rollercoasters as a classic example - if you are a seeker you probably love them and want all your friends to get on board the latest, most hair raising one yet, but if you've got a sensitive sense of equilibrium, chances are you'll hate all the ups, downs, twists and turns and that is perfectly fine! Your friend may, with all good intentions, try to shame you into joining them by calling you boring, when you say you're happy to stay on the ground holding their things, but when you know, like and trust yourself and your own preferences and desires, it'll be water off a duck's back.

And this is how the sensory types and pockets of pleasure can change your financial situation - no more will you waste money on the things you think you need to do or have to 'fit in'! You can use discernment. Although... quick disclaimer... you might well find that the things you REALLY want to experience are more expensive... I'll leave you to wrestle with that one...'

Right. Time for this week's pocket challenge.

This week's challenge... firstly, if you've not yet taken the sensory quiz, do that.

Secondly, have a think about all the pockets of pleasure you've uncovered so far, and in a notebook or in your head, think about how many of them came from retail therapy.

A bonus challenge is to create a Book of Desires - I have one in the notes app on my phone but you might want to use an actual notebook.

Every time you feel pulled to buy something new, stop and write it down in your book of desires - you can add a link if you like, but you'll definitely want to include the price. Now walk away and tell yourself you'll review your list in a week, fortnight, month - you decide the timeframe that works for you. If you still really want that thing at your next review, and you can afford it, go ahead and order it. My bet is that, nine times out of ten you'll be quite happy to delete it from your list as the pull of that hungry desire will have waned. The things that are left will probably be things you'll treasure or get lots of use out of.

Quick PS on the adding the cost element - at each review tot up how much it would've cost if you'd fulfilled all of those desires...

If you're not an emotional spender, bask in the glory of your smugness at this point - hey, it could be a legitimate pocket of pleasure!

That's it for this week folks, so let's have a quick recap...

In this episode we explored the ways the sensory types can cause problems in relationships and how understanding our different ways of experiencing the world can help to improve pretty much every human interaction we have.

We looked at how knowing more about our type and what brings us pleasure can save us money, and we refreshed our memories about escapism and the power of anticipation.

In the next episode we'll be exploring the hormones of pleasure.

Don't forget to check out the shownotes at [thesensorycoach.com/shownotes](https://thesensorycoach.com/shownotes) and if you have any questions or ideas you'd like to see me cover in future episodes drop me a DM on instagram @thesensorycoach.

Until next time, keep looking for those pockets of pleasure!

**MUSIC**