



**SAFE HARBOR
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**Dr. Beth
Speaks**



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WSPY, Your Life Matter, Listening to Your Gut

Mike Williams And it's time now for our weekly feature called **Your Life Matters** with **Clinical Social Worker, Dr. Beth Plachetka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.

Dr. Plachetka, good morning once again. How are you?

Dr. Beth Plachetka I'm fine Mike. How are you?

Mike Williams Good thanks and today we're put a kind of a go a little bit back towards last week's topic and continue on. We talked about trauma last week. Today we're going to focus on maybe a way to help prevent trauma through self- awareness and listening to our gut. We've heard that phrase many times before. We're going to kind of dive into that a little bit more. How do we all tie this in with trauma and what are we focusing on today?

Dr. Beth Placketka I think the first thing I want to make sure that I say is that we are not responsible for traumatic events that happened to us. You know there's all kinds of things that other people might do or by be totally accidental and we cannot put the responsibility on the person who experiences it. But I do think that there's things sometimes that later people will say, "I saw their coming and I didn't do anything." The challenge in our society is that were smart so our brain sometimes doesn't listen to our gut. It's says, "Oh no it's fine," and we step over it and then we don't put our foot on the brake quickly enough, or we don't make an adjustment. So when I am talking about self- awareness, I mean listening to your body, you know that sense that you get in your stomach and right around your heart and your thinking, "what's going on," and then actually taking action rather than saying, "no big deal." I'm going to give you an example and this is something that happened to me, nothing, there is no trauma. But years ago, I was walking my dog. I have a big dog, and it was in the evening, wear reflective vest, and didn't want to get hit by a car. I thought that was great. I see somebody walking toward me, and I never see that in this neighborhood, and they were walking kind of funny with a lot of speed. I immediately took off the reflective vest and turned the corner. I thought I'd don't want to be passing this person in the dark. I don't know who they are. Nothing did happen, and maybe nothing would have happened but I didn't want to find out.

Mike Williams Could have been the nicest guy in the world.

Dr. Beth Placketka Right! Could give me a million bucks. I missed a million bucks, but I also missed something else. So that gut is what we really need to think, OK is this a normal thing. So we really want to pay attention to our surroundings. If we don't know where we're going, we want to have an alternate plan if we get lost. This is just something we need to do. Teenage girls, a lot of times they would sit in my office at the high school, and they would be telling me stuff. And one time somebody said, "I got in the car and I didn't know the people or where they were going." And I said never get in a car unless you know where the car is going. How can someone find you? And she realized that she had been afraid, but she didn't want to look uncool. Look uncool. It's OK. If your mom or dad has to come find you, you want to be fineable. So there's a lot of things that are going on. I think sometimes people don't even pay attention. They think that they're going to be insulting to the other person, you know if you lock the door when you're at the corner, the car door because somebody approaches. You should, but there's reasons for that. You don't want to have a negative experience, and honestly I don't want that other person to do something that would harm that them emotion as well because committing a crime does something to the criminal as well. And we don't want to have a world that is like that. Does that make sense?

Mike Williams Yeah and you know trusting your gut, your gut is telling you something for a reason. It's not just happening out of nowhere. There's some reason that's making you feel uneasy or like "OK hold on a second here." So when people say trust your gut, there is some reason that is making you feel that way. Go with it.

Dr. Beth Placketka Exactly and what we know is that our organs are connected directly to our brain. They say our first impulses are in our stomach and in our truck, and our brain is the one that interprets it. It is ok for our brain to go, listen there really is no problem. That sound you hear is an ambulance that is coming to help somebody. Ok good then you can settle down. But if you don't know what it is you really want to avoid the situation, if at all possible and that means speaking up, crossing the street, locking the door, and if your purse is on a counter just casually move your purse. You don't want somebody to commit a crime or take something and then feel bad about it later, and you don't want to lose your stuff.

- Mike Williams Yeah, better to be safe than sorry. We have used that probably on this show before referencing other things that we've talked about. It makes sense because you may have that hurdle where you are like, alright will this makes me feel kind of lame or makes me kind of silly for taking extra precautions, but if you don't and your gut turns out to have been right, and you ignored it...
- Dr. Beth Placketka I think it makes you look smart and look like you know what's going on, and you're paying attention to yourself. You don't have to be mean to people. You just want to pay attention.
- Mike Williams Yeah and is there a resource here? I know that you have one on the sheet that maybe folks would want to take a look at?
- Dr. Beth Placketka Well, the one that I have found is really about traveling, staying safe while traveling, but those can all be applied to your own life. ***Fifty Tips to Enhance Travel Safety and Security***. So just paying attention to where things are. There's also some resources online that are a little less specific but are talking about trusting your gut, and there are workbooks as well.
- Mike Williams Alright! You can find out more online at: safeharboril.com. As that is all the time we have for today's edition of **Your Life Matters**. It's with **Clinical Social Worker, Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**. Again it's safeharboril.com. Join us next Monday for our next installment.

