

Letting my Ruby Shine

Recognizing moments of inertia in myself related to tough conversations

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Think about a time when there was an impending conversation that you truly did *not* want to have...the birds and the bees, menstruation, peer pressure, prenuptial agreement, divorce, the list goes on and on. We as people have an incredible ability to find *anything* else that needs to be done before we take on something like a talk with a teenager about sex, drugs, and rock-n-roll – my son is only 1 ½ and I’m already dreading this day. Incredibly, our brain actually changes in that time before the conversation. For me, I go straight to a Ruby GEMS® state.



In a healthy, functional brain, the pre-frontal cortex has six main jobs, but the one that comes to mind first is the ability to be self-aware.

Truly looking at a situation, looking at my abilities and skills, and determining either, “I’ve got this” or “I need help.” In these situations, I am truly experiencing that Ruby hallmark of inertia.

I am either completely stopped and can’t move forward, or I continue forward like a freight train, knowing the outcome is going to be bad, but unable to stop the forward motion. Unfortunately, the bigger the conversation, the greater the inertia.

Then, if I continue forward and can’t stop, when I inevitably screw it up, the conversations usually go one of these ways:

1. Most likely for me, we see the same situation differently and disagree on what is actually happening.
2. Also likely, we are both saying things, but since neither of us is really listening, it doesn’t make sense to either of us and we walk away feeling confused.
3. I’ve prepared a list of wrongs or changes that *[you]* could make to help the situation but you are thinking I’m the one that needs to change.

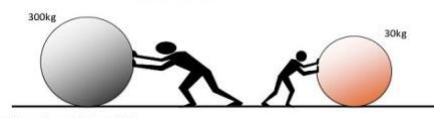


Newton's First Law of Motion: Inertia

An **object** will **not change its motion** unless **acted on** by an **unbalanced force**.

- if it is at rest, it will stay at rest
- if it is in motion, it will remain at the same velocity

Objects with a greater mass have **more inertia**. It takes **more force** to change their motion.



4. Even better if I've prepared my conversation and you don't want to hear it or are unaware that there even was a problem.

5. Finally, sometimes we are both talking and see some common pieces in what the other is saying, but because we are both talking at once, we don't necessarily know what to *do* with those common pieces.



According to Newton's law of inertia, unless I am acted on by another force, I will stay stuck or keep moving into these conversations without changing my ways. After listening to Teepa's webinar, [***I've Noticed Some Changes – Let's Talk***](#), I feel like I have found that force to help me back into a more Sapphire state after my initial Ruby feelings. Take a look [here](#).

I can find a way to just get the conversation started right. Even with tough topics related to dementia, I now have some tips on how to get out of my Ruby state and guide the conversation in a more positive way.

You can find more detailed GEMS® descriptors on our website [here](#).