

No knowing who to trust

When Rush Limbaugh was in the news again re: prescription drugs, specifically possessing Viagra which was prescribed to someone else, the media had a ball. It was even more fun than when it was revealed he was addicted to prescription drugs.

Let's look at this from a trust viewpoint. Assume that his explanation of using his doctor's name for anonymity reasons is true. Imagine for a moment that you needed to give this kind of attention to all details of your life because you aren't sure someone, somewhere is going to have some interest in revealing details that are not theirs to reveal. How might you conduct your day to day dealings if this were your reality?

This is what high profile individuals must be cognizant of 24/7. The public sees this as entitled entertainment. Celebrities might see it as a breach of trust.

I've heard it said that celebrities and high profile people have a propensity toward being out of proportion with reality. A desire to be seen in a somewhat freakish fashion. If you're ever had a conversation with someone whose life path and career choosing led them into the limelight, you might be surprised to find that this is more likely a myth created to excuse the public's voyeurism or insatiable curiosity. Certainly exceptions apply, but getting off on freakdom is clearly not the norm when someone decides they'd like to pursue a high profile career.

However, instead of creating a chicken or egg debate, the "givens" of this celebrity/public relationship is that these situations do indeed exist, no matter the reasons. The most effective way to approach this is helping the person in the limelight first understand and accept this as the reality it is. For after an acceptance of what *is* transpires, it's far easier for someone to honor the valid and legitimate reasons they have chosen a particular trajectory. A validation and deeper understanding of motivations will in turn create a heightened awareness of self, which leads one to trust their intuition, hence a knowing of who to trust.

This is the foremost reason coaching is so effective for high profiles. Awareness, acceptance, triumph.

(By the way, the step past awareness would even allow someone to not even concern themselves with who can or cannot be trusted. It be a non-issue. This is larger perspective than humans are accustomed to acquiring. How exciting to think you could achieve *that!*)