

Stuart Showalter
Child Custody Life Coaching

Monthly Motivation 13 - Self Awareness

As you reflect upon our past year together you can see the improvements you've made – better overall health, a better relationship with your children regardless of the court, a more positive outlook and improved satisfaction with life.

We have accomplished some of these achievements through setting incremental goals, yoga and stretching, developing your daily affirmations, adjusting your eating habits, and finding creative ways to ensure that you are getting sufficient exercise. We are going to step it up now. It is time for you to reveal your true self. This is the you that wants to be exposed but creates the cognitive dissonance that continues to frustrate you.

When we established your daily affirmations they didn't seem true. They were true but they were also in conflict with your current status. This triggered an automated response system in your body much the way a physiological response is triggered when you perceive an imminent threat.

We were careful not to create affirmations like “I am financially secure” or “I am going to be rich” because they had to be current, not prospective, and had to be *true*. It can't be true that you are financially secure when you are still borrowing from your parents, credit cards are maxed, you are behind on current bills, and are facing a contempt hearing for being behind on child support payments. But it *was* once true perceptually that “I behave like a financially secure person.” By telling yourself everyday that you *do* behave like a financially secure person you began to do that. Your subconscious would not let you do otherwise because you cannot continuously live a lie.

An interesting thing about your brain is that it cannot distinguish between truth/reality and what it perceives as real. Essentially if you can imagine it realistically then you have experienced it. You know I am not one to shy away from brutal reality and now is no exception. We have all experienced it, especially in our dreams. In my younger days I had sex with numerous girls of which some I had never met. But I believed that I had experienced sex with them as evidenced by the ejaculate in my drawers. It's the same with dreams where you are sweating, have a high heart rate or other factors associated with running or wandering through a scary environment. You may have actually insisted that you did or said something although everyone else insists that you didn't – but you realistically imagined it. To *you* it was a *true* experience. This is why experimental psychologists have repeatedly disproved the reliability of eyewitness testimony.

I have been able to take this a step further to where I can imagine something *not happening*, thus it doesn't. I no longer experience pain because I do not conceive it. I only experience neurological events that reflect a change in a physiological status. I

have achieved most of my goals through training my subconscious -- which directs over 99% of my actions just as yours does. Through meditation, directed consciousness and self-hypnosis I have trained my automated response system to direct me towards my goals. It is now time for you to start down that path.

The best part about this is that it is not going to take any special effort on your part. If you are stuck in traffic, waiting in the reception room or just during any time where you are able to relax you can do this. You are essentially going to perform 'mental practicing'. It is something that all elite athletes are familiar with and do prior to competitions. We did it at the Olympic Training Center, I have watched pro athletes twitch their muscles as they play through their events in their minds and I have used it when coaching an Olympian.

As you relax focus on the image of yourself as you would be when you have attained your goal. If it is to be at the weight and have the vigor of your wedding day then envision that day. Climb into the limo, set off on a journey and arrive at your current home with everything just as it is now. The only difference being you – the you that you honestly believe will occupy this setting. The slimmer you, the more energetic you, the more active you, the happier you is performing all of the rote tasks that you currently perform. Keep playing this through your mind when you have these opportunities. It will be like playing a recording of the same day. That future day that will eventually become a reality because *that* is the *real* you.

Don't allow your life to be directed by superficial outside forces as you try to be what you *should be* or conform to societal expectations. Measure your success by the feeling of peace with yourself. As you do this that baggage which holds you back will begin to abate. Your focus is directed elsewhere. Your focus is on what you are doing to direct your life rather than the consequences of what has been done to you. As you do this you will find frustration, distrust, resentment, blame and anger waning. Then you will know that you are on the course to true success and revealing the true you.

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