



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

Inferiority

in·fe·ri·or·i·ty — *a condition of being lower in status or quality than another or others, or, feeling lower in degree, rank, or importance to others.*

Contributed By Chris Haven

Most people today walk around feeling less than everyone around them and that is a major cause of their unhappiness and general lack of success.

You may have lived with an inferiority complex for so long, that you have no idea that it affects every facet of your life.

Your feelings of inferiority do not exist because of “facts” or “experiences” – they exist because of the conclusions you made regarding the facts and your evaluation of your experiences.

For instance, you could tell yourself something like this; “I am an inferior Martial Artist and an inferior Actor”. But the fact is - being inferior at these two skills does not in any way make you an inferior person. Anderson Silva’s and Leonardo DiCaprio’s inability to run an ultramarathon makes them “inferior ultramarathon runners,” but not “inferior persons.”

The questions are:

- ▶ What norms are you measuring your self-worth by?
- ▶ Whose norms are you measuring yourself by?
- ▶ You “know” that you are inferior at meeting new people and engaging in conversation - it is not the knowledge of this that creates your inferiority complex, but your feelings of inferiority.

Let Me Share Something With You. Listen Up:

You judge yourself and measure yourself, not against what’s normal for you, but against what’s normal to some others. When you do this, you will always come out below that person. However, because you feel that you should measure up to someone else “normal”; you feel unfulfilled, unhappy, sad – as if there is something wrong or lacking in you.

That’s not the worst part. The worst part is that as a result of this, you feel you are not worthy of happiness or success and that you are not deserving enough to go out there and express your unique gifts, abilities and talents, without apology. You embrace your low self-esteem.

Many experience this and make the mistake of overcompensating for these perceived shortcomings by trying to be superior to everyone else. Supposedly, it would make you feel better about yourself – by embarked on a journey of massive self-improvement. Some of you may have already been there. Unfortunately, the harder one tries to be better than everyone the more miserable one can become.

Inferiority complex is a created phenomenon. All you have to do to create inferiority complexes among a group of people, is set up a “normal” or “average” measurement and convince some of them that they don’t measure up.

Society does this on a daily basis. Take a look at your Facebook timeline. You’re bombarded by “viral” posts on your timeline that tell you things like “20 things you should do to be normal”.

The only step in overcoming your inferiority complex is to realize that you are not in competition with any other person – there is no one else like you on this planet. You are not like anyone else and you can never become like anyone else despite what your mother, father, teacher, best friend, boyfriend, girlfriend, husband or wife tells you. You are not meant to be like anyone else and no one else is meant to be like you.

All your insecurities in life, all your anxieties come from a lack of understanding and inability or unwillingness to accept yourself. Believe in your uniqueness, your distinctiveness, your individuality and your ability to influence others based on your unique personality.

You are not “him”. You are not “her”. You are not “them”. Stop trying to measure up to someone else. Embrace this and your inferiority complex will collapse, leaving space to create, achieve, influence and impact the world as your true self.

It’s time to take action and focus on your strengths and potentials, reward yourself for your achievements and know that you are worthy of respect and appreciate you!

The Art of Emotional Composure

Learn to combat feelings of inferiority! You can turn this whole way of thinking around quickly – the answer is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions and you can develop a whole new way of looking at your life – and yourself!

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