



By Robert Rudelic

A client of mine who was going through a divorce was becoming more and more negative about what was happening and everything that might happen that she was feeling more and more like a victim. Her fear – False Evidence Appearing Real, and her negativity was keeping her from seeing all the support she *was* getting from her kids, friends and parents chipping in – family members helping out, friends getting her to spend some time out socializing and giving her a sounding board, but she could see none of it. All she could see was gloom and doom because it's a habit – a BAD habit, her default response, and she's always been that way – like an addiction, but now it's far worse because things really COULD get worse.

She really wanted to stop this constant cycle of negativity and resistance, she knew it was self-sabotaging, but she needed help to change it, so we begin to work on a solution. I taught her my 3 proven traits of happily divorced women. See – you can either take a back seat and let things happen to you, be left in the past, or, you can embrace the changes and future proof your life and have abundant confidence and peace of mind flow to you - but - you need the right traits.

Trait #1 is Clarity of Commitment. First identify what adjustments or changes need to be made and make the commitment to make the changes. I wanted her to think about what her life would be like if she made those changes. I said to her “just imagine your divorce is successfully behind you, everything is in order, you're feeling confident and self-assured about your future and you're pleased with the way everything has turned out. What does that look like to you?” See, by knowing what you want and being committed to making the changes needed to get there, your life will start to transform ... just like that!

Trait #2 is Staying Focused and On Course . . . when your mind starts to go negative! Believe it or not, 80 – 90% of the time our minds are thinking negative thoughts and we don't even realize it. It's just the way our brains are wired. Our brains are designed to problem solve, to keep us safe, therefore we're so often focused on what we don't want to have happen it takes you off track. The fastest way to interrupt the negative thought processes is to take a moment and focus on being grateful. There's no room for harmful negative thoughts when you focus on things to be grateful for. You'll physically feel the change and you'll once again be more

confident in the direction you're going. So, I had her write down 10 things she was grateful for and why. This helped shift her focus from what life lacks to the abundance that is already present. Gratitude eliminates fear, worry, grief and depression and brings happiness, clarity, understanding and peace of mind. Gratitude brings solutions to problems and the wherewithal to realize your dreams. The most successful people in the world have this trait.

Trait #3 is Readiness to Rehearse. The age old saying – *“practice makes perfect!”* Choose one adjustment you've committed to make and focus on being that way and acting that way all day. Get a sense of what it feels like and the different outcome you get. The value of rehearsal is that it gives you the opportunity to fine tune until you own the change. With enough rehearsal you become who you want to be and your behavior becomes automatic and makes you confident in your delivery without even thinking about it, it's just second nature now.

PRACTICE

- FOCUS – when you focus on gratitude, it helps quiet that negative, chattering voice in your head that can cause you to “spin out” and will quickly change the way you physically feel.
- COMMITMENT – by committing to being grateful when all you're doing is being negative, it turns around your thinking and helps you notice all the support and good things around you.
- OVERCOME – your own resistance to being positive – stop the addiction to being negative as your default because it's most familiar and you're comfortable with that emotion.
- CHOOSE – select a few people in your environment to nicely point out when you get negative and when that happens, you'll feel grateful and better right away.
- PERSISTENCE – over time this becomes the new normal, and just as my client recognized by practicing these new habits, she had a better chance at a good future by actively working on staying positive and not being afraid any longer.



How You May Be Letting Your Own Brain Work Against You!

According to scientific research there is mounting evidence that a chronic incapacity to control negative emotion may be a key factor in the origins of depression, anxiety, and aggressive or even violent behaviors. Is the use of pharmaceutical drugs the answer or are there better ways of eliminating the cause without numbing the mind? This new research is leading many to ask the question and others to search out new answers.

All thought uses neural circuitry – or, thought looping. Every idea is formed by neural circuitry, but we have no conscious access to that circuitry. As a result, most thoughts — an estimated 98 percent of thought is either unconscious or subconscious. Unconscious thought cannot be accessed by choice. We cannot remember anything in our unconscious without some special event or technique. The Subconscious is different in that we can choose to remember. The memories are closer to the surface and more easily accessible with a little focus. Conscious thought is just the tip of the iceberg. An iceberg can serve as a useful metaphor to understand the unconscious and subconscious mind, and the relationship to the conscious mind. As an iceberg floats in the water, the huge mass of it remains below the surface.

What Shapes the Subconscious?

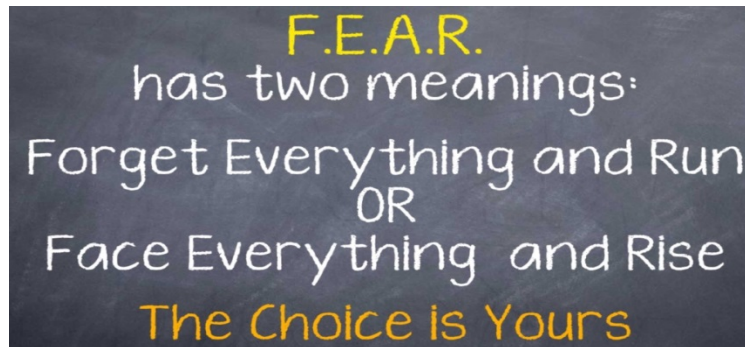
1. Repetition: Words are neutrally linked to the circuits that determine their meaning. The more a word is heard, the more the circuit is activated and the stronger it gets, and so the easier it is to fire again.
2. Framing: Manipulating the way information is presented can influence and alter decision making and judgement about the information. Through the use of images, words, and presenting a general context around the information presented can influence how that information is accepted.
3. Examples: When a well-publicized catastrophe happens, the continued reporting activates the framing of it over and over, strengthening it, and increasing the probability that the framing will occur easily with high probability despite the miniscule actual probability.
4. Linguaging: Words used to describe a political or racial group is an example of how certain words trigger the suggestion that something is wrong or dangerous or alarming. Because this languaging is repeated through media, social conversation, etc, it's not even noticed in the conscious mind.



CHANGE

Many times the changes needed are not obvious but just that one adjustment or change can make the difference in how things turn out and how you experience life.

I've worked with hundreds of people from all walks of life helping them navigate situations, each having their own unique circumstance and changes that needed to be made, and just like them, knowing these 3 traits will really prepare you to hit the ground running. Even the most accomplished clients I've worked with have found these 3 traits to be invaluable in having the life they want. So, no matter what you're dealing with or what process you're going through – change is inevitable, it's just life. Embrace it, own it and don't let your own brain work against you.



www.RobertRudelic.com