

BUILDING SELF TRUST



Building Self Trust

The only reality is...

You Are **LOVE**



When you are a child it is all you have to give and all you have to with-hold.

This is the beginning of love being an all or nothing thing.

The ideal process for a child to **grow** through is:

- To come to an understanding of their innate goodness.
- To realise that they are loveable.
- To experience endless flow of unconditional love.

BUT...

...very few parents have the skill, the time, the perception and the personal EQ to deliver that message consistently, powerfully and repeatedly.

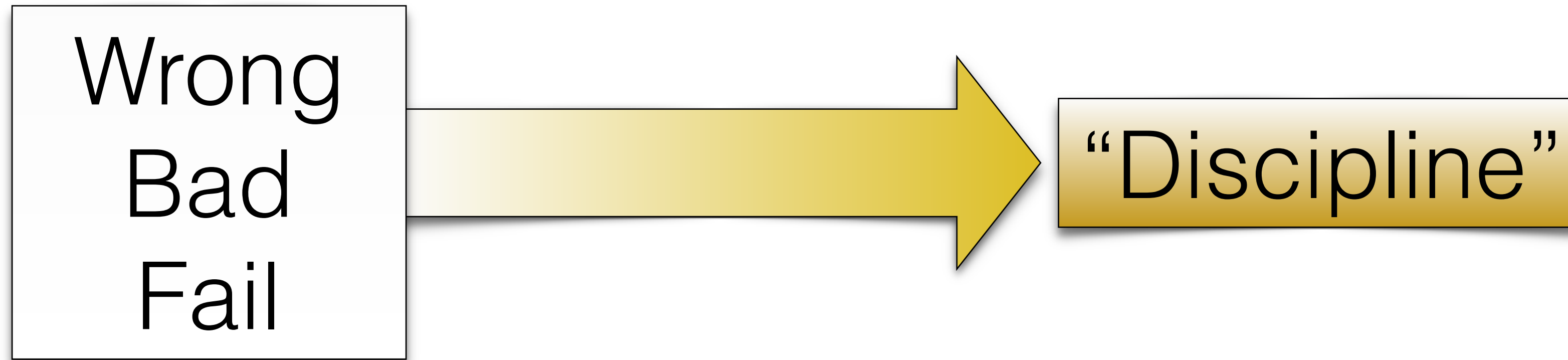
Most of us come to the conclusion that we are more loved when we are “good” and less loved when we are “bad”.

Why We Don't Trust Ourselves

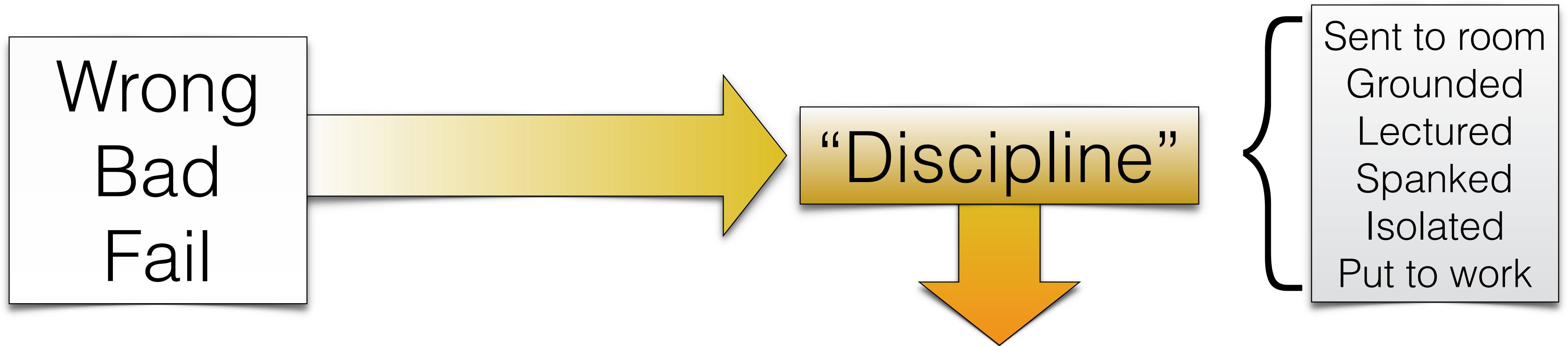
Why We Don't Trust Ourselves

Wrong
Bad
Fail

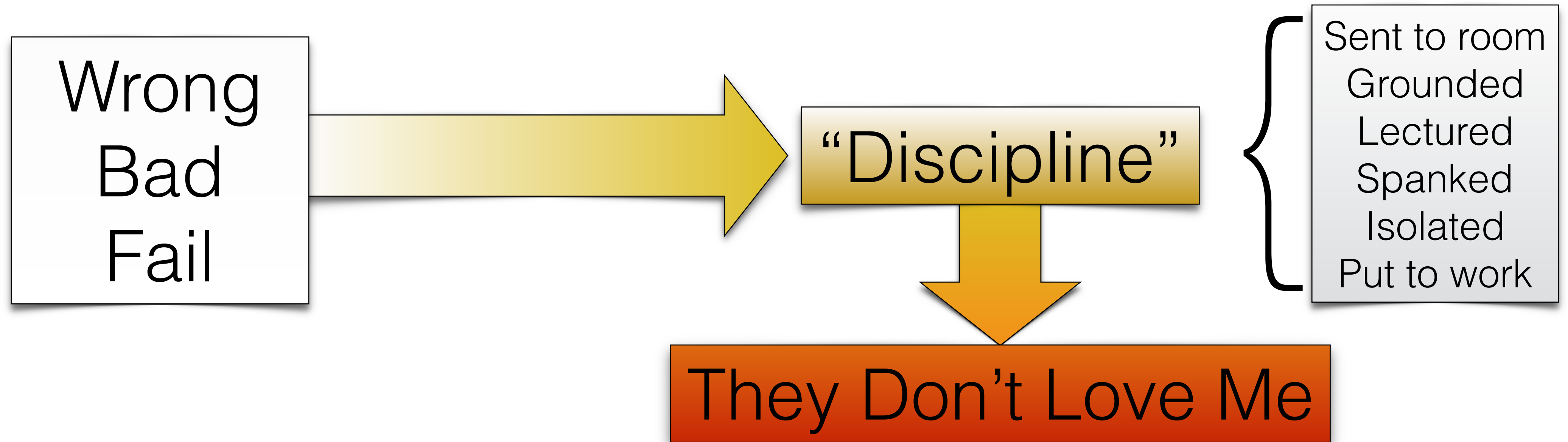
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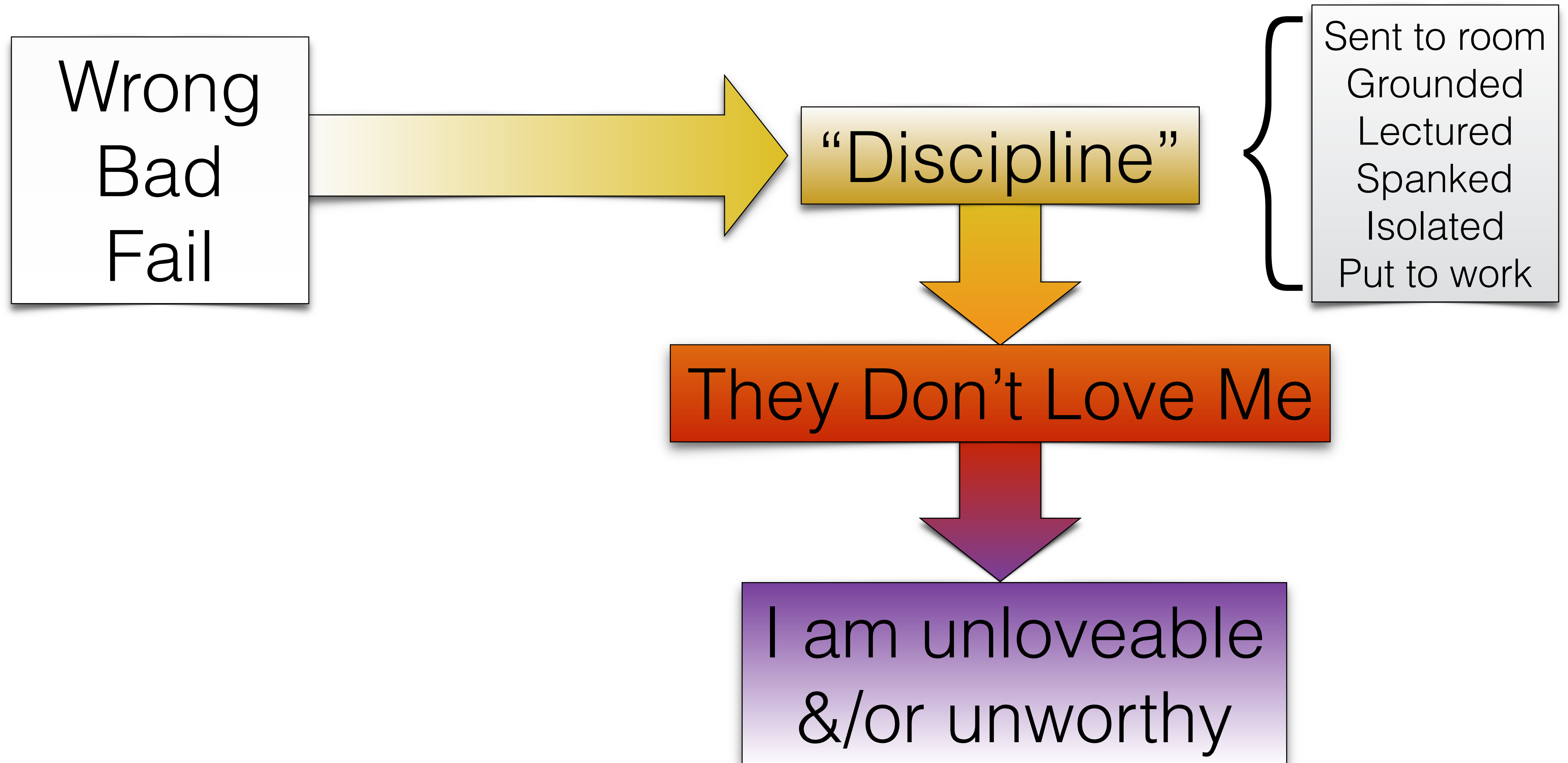
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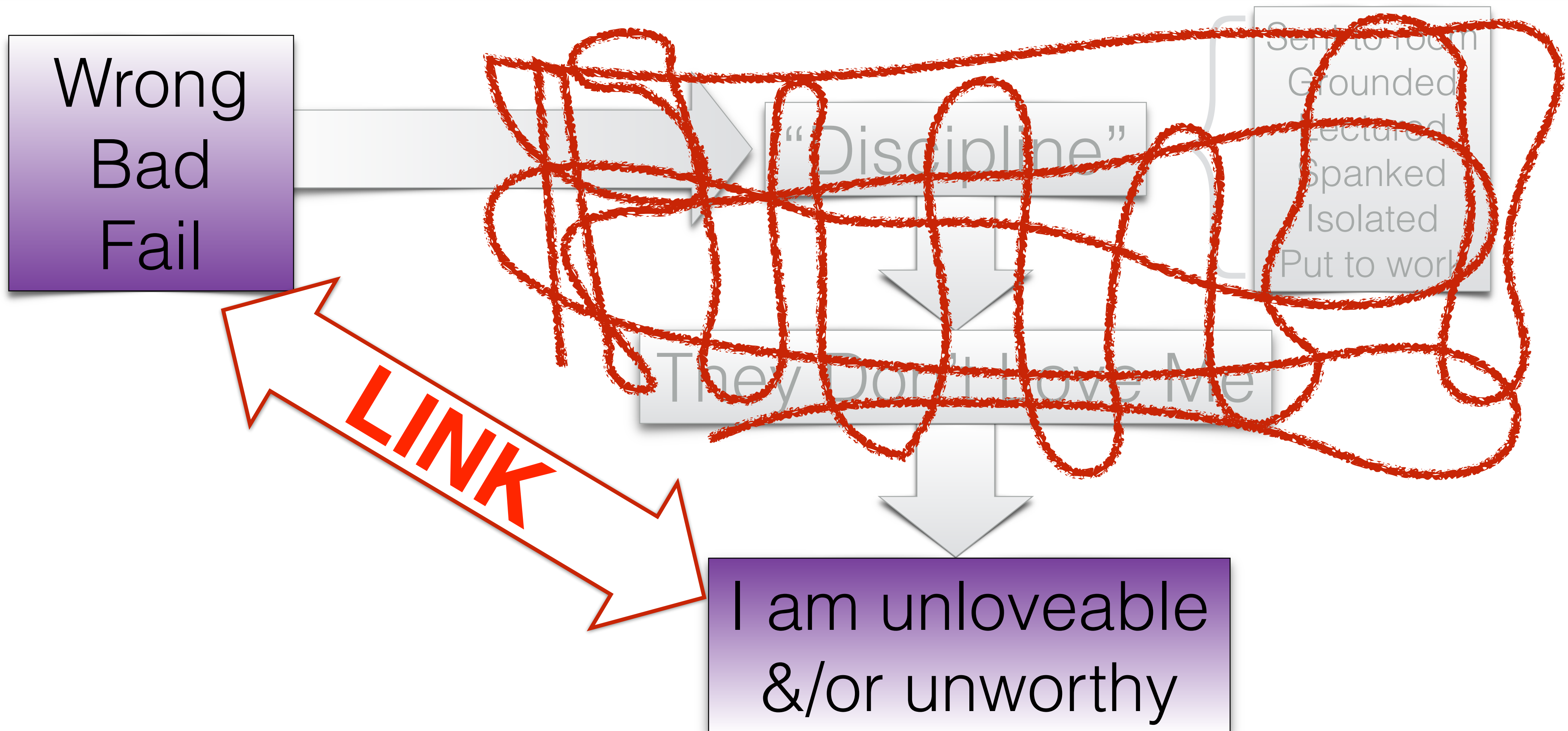
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LINK

Shame
Guilt
Humiliation
Remorse
Stigma
Dishonour
Self loathing
Disgrace
Regret
Flawed

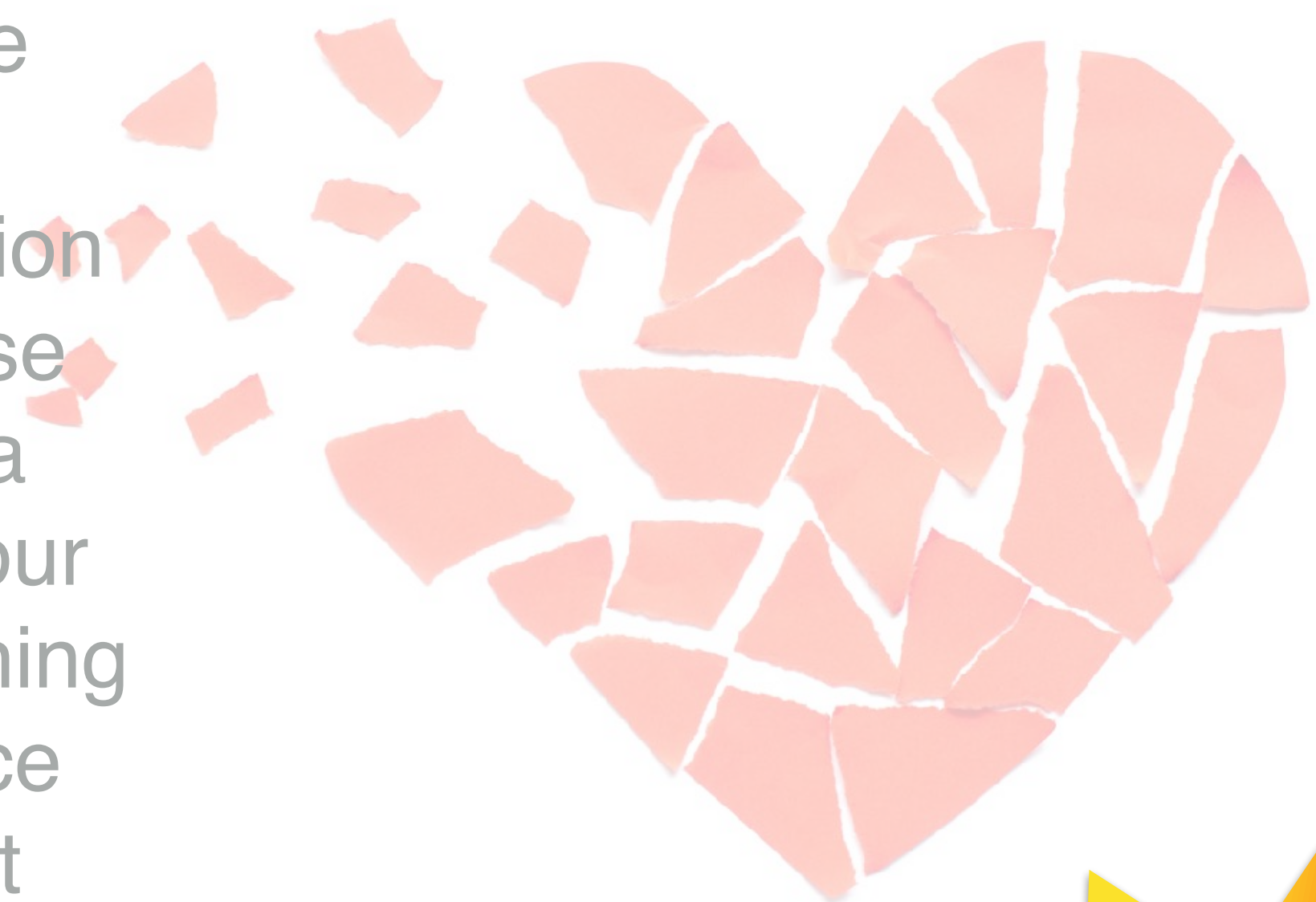


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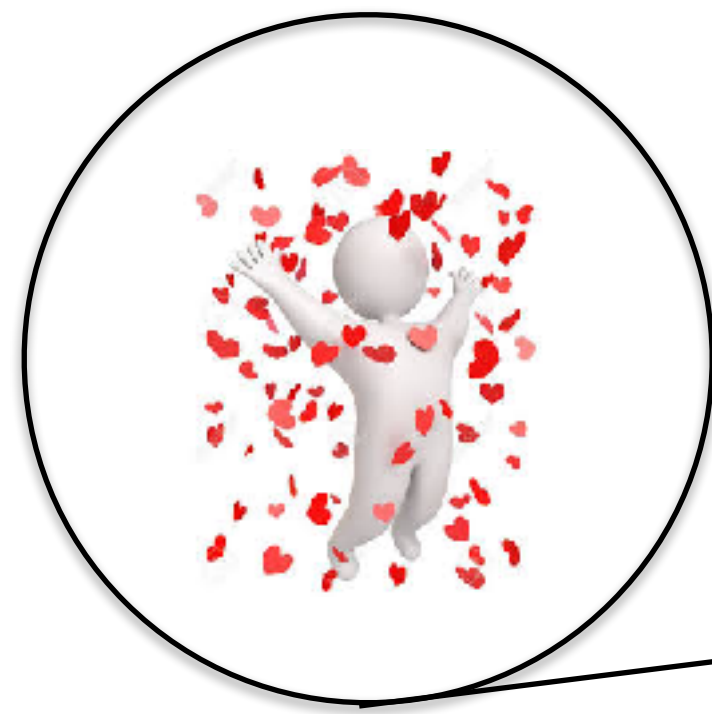


This is what happened when I followed my own path...

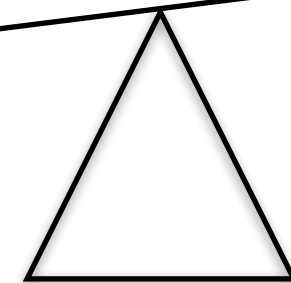
If I want to avoid that kind of pain I should do what others say is good for me.

Trusting myself is a recipe for disaster

When We Are In An Environment Where We Perceive That We Will NOT Be Loved - What Are The Alternatives?



10 seconds of this beats



100 years of this

The Approval Game

You get a pat on the head (approval) when you can spell cat.

This feels good.

In fact it shits on failing. (we've covered that)

No approval will be dished out for spelling cat again.

However...

It will be, if you can spell a more complex word, run faster or longer, do a better trick, smile when you are hurting, stop crying, do what you are told, cook dinner, never be angry, act fearlessly, obey instructions, lead others, take a load off someone...

We lose connection with our truth...

...which is that we are **Love Peace & Joy**
manifested on the planet.

We embrace the need
to be more, do more, have more...

Characterised by *“I’ll be happy when...”*

“NOT making it” becomes a source of SHAME.

What Do We Do With Shame?

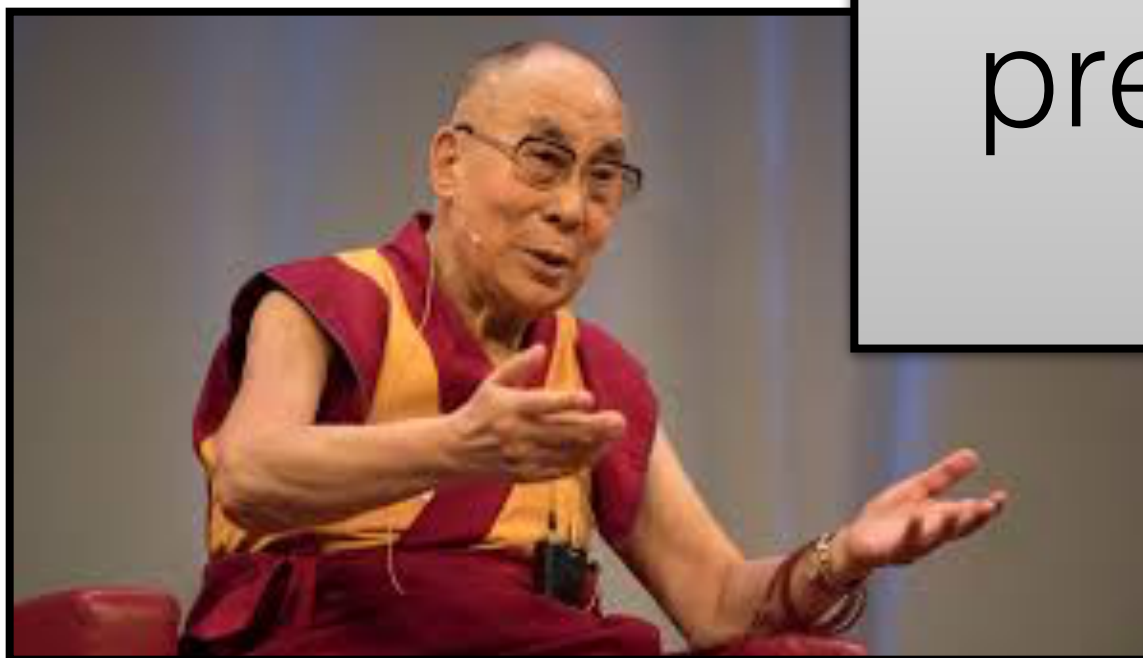
Shame convinces us that we will be judged and therefore abandoned because we are unworthy, & unloveable. This convinces us that we must hide the “shameful” words or deeds or suffer inconceivable consequences.

Approval By Achievement

This is why we fail to notice that life passes us by while we are 'getting' to a place...

...that we could arrive at in moments.

Man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present: the result being that he does not live in the present or the future: he lives as if he is never going to die and then dies having never really lived.



The Approval Game



We Play This Game Assuming That There Is An End Point.

Apparently, happiness lives there!

If you have ever wondered why your next car has to be an improvement on the current one, the next house bigger, more luxurious, the next holiday to a more exotic location, the next plane ride in business class, the next job to pay more money for less hours...

Start here by spelling cat

In Our Imagination



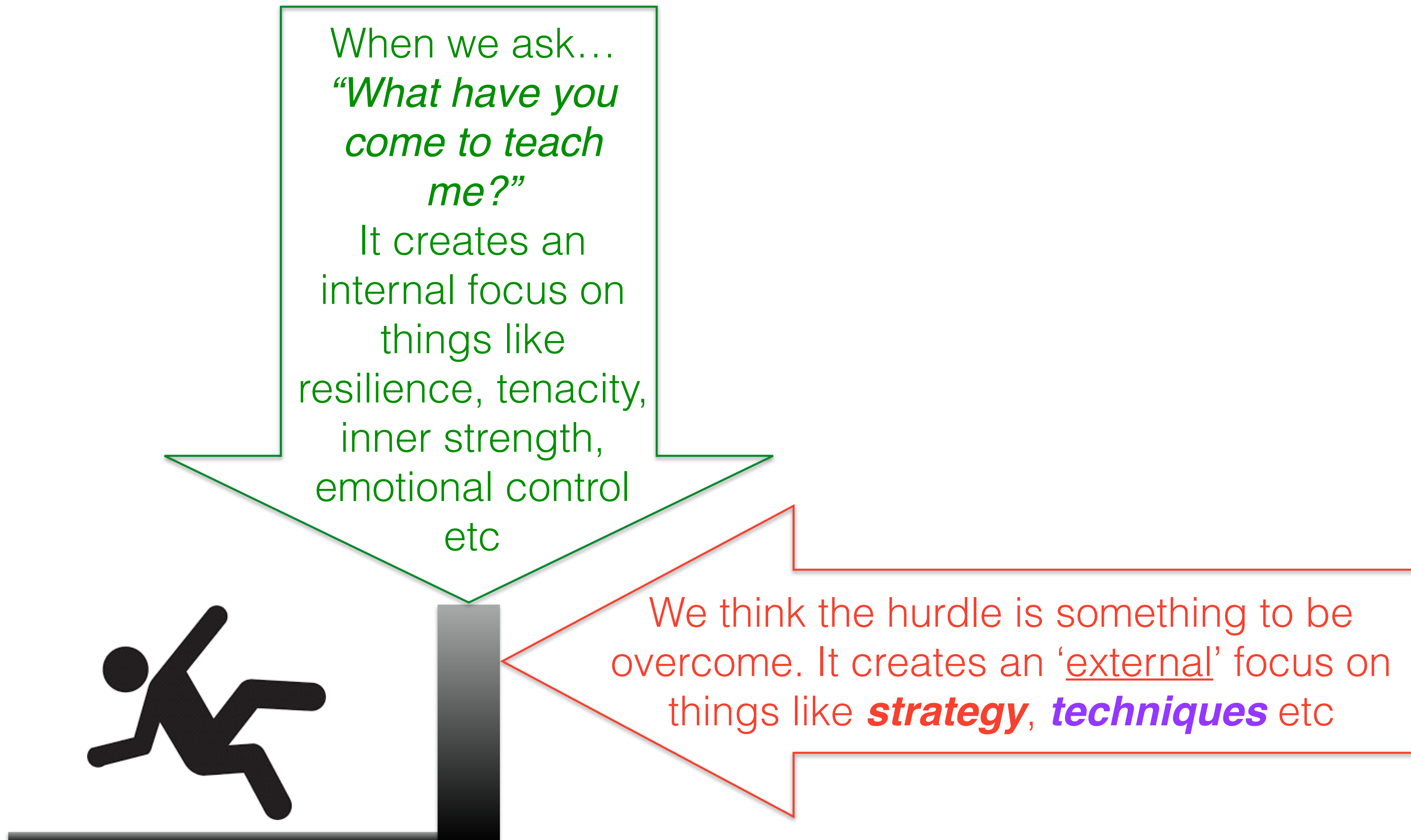
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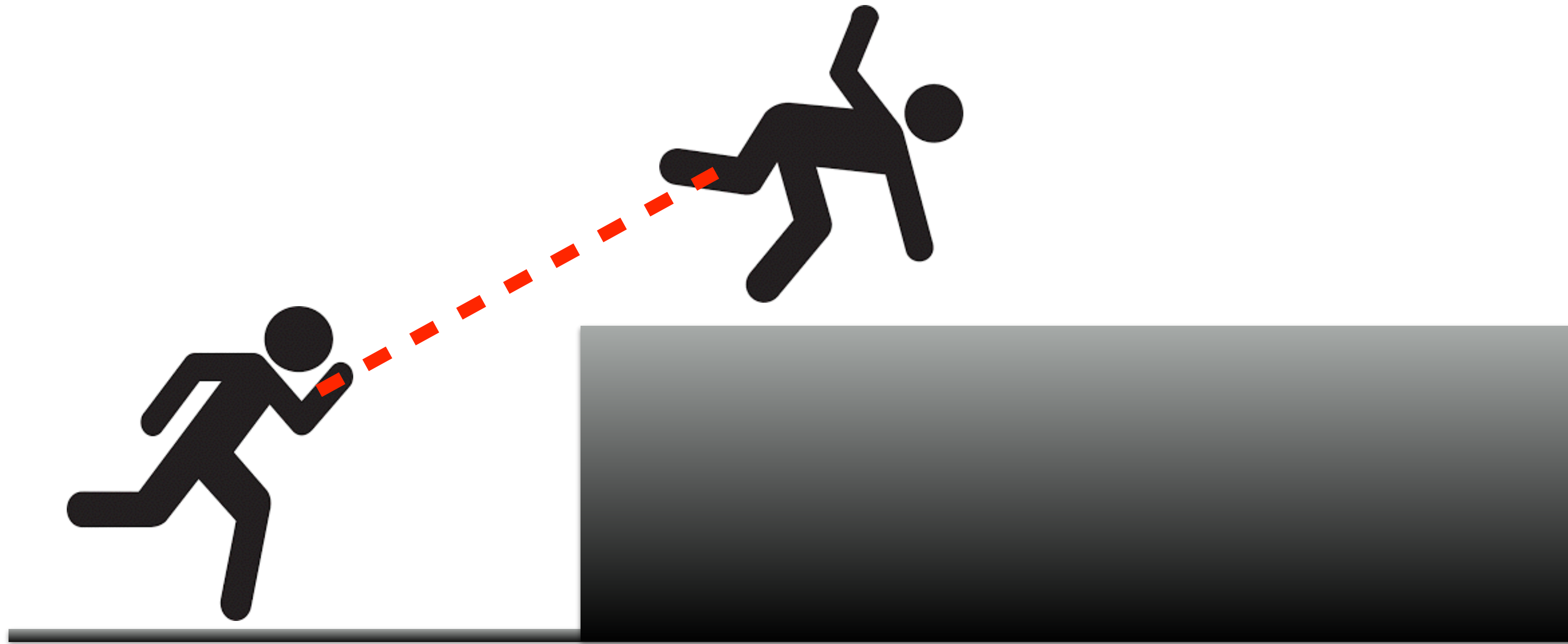
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We think the hurdle is something to be overcome. It creates an 'external' focus on things like **strategy**, **techniques** etc



The Reality



Imagining The Going Is All Clear...



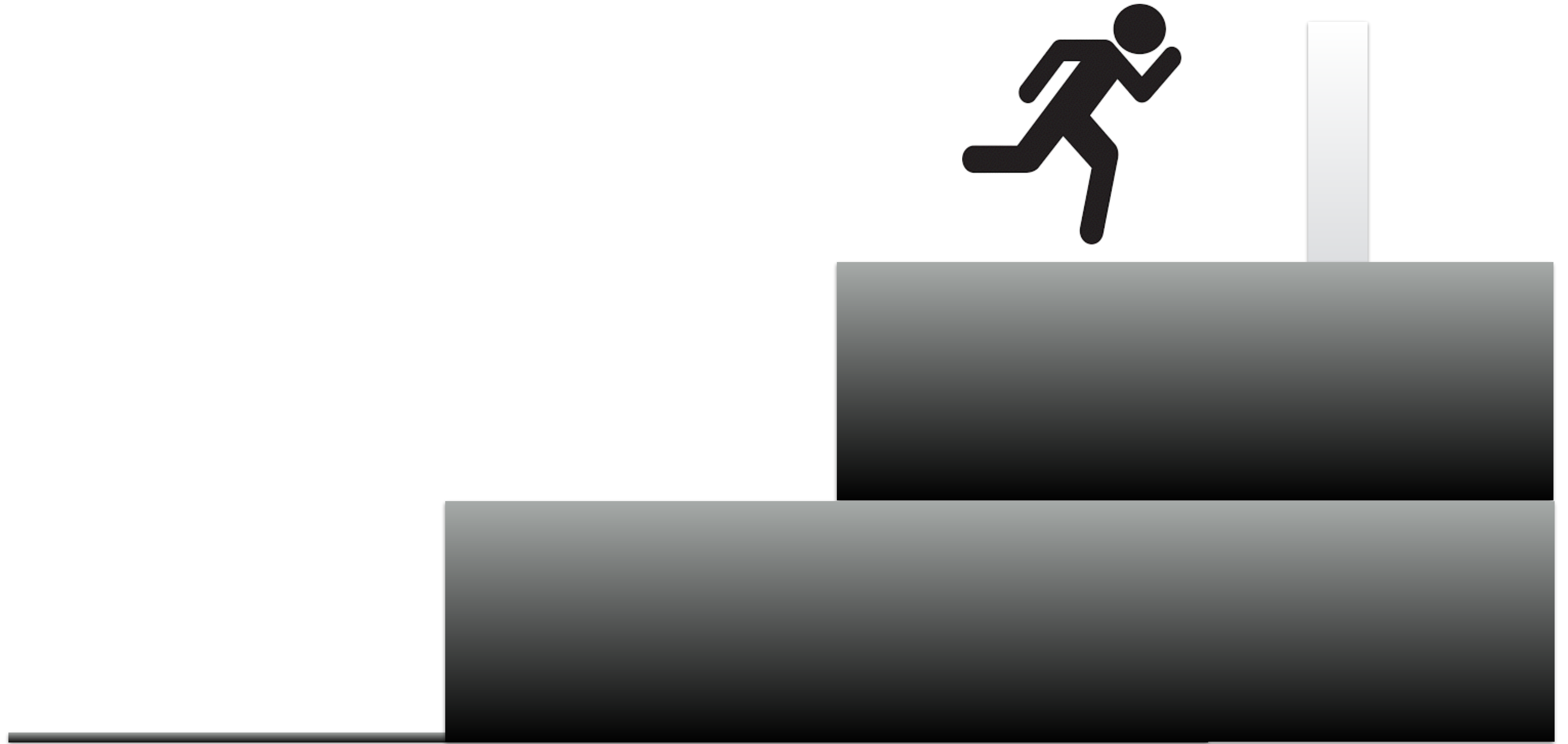
The Reality



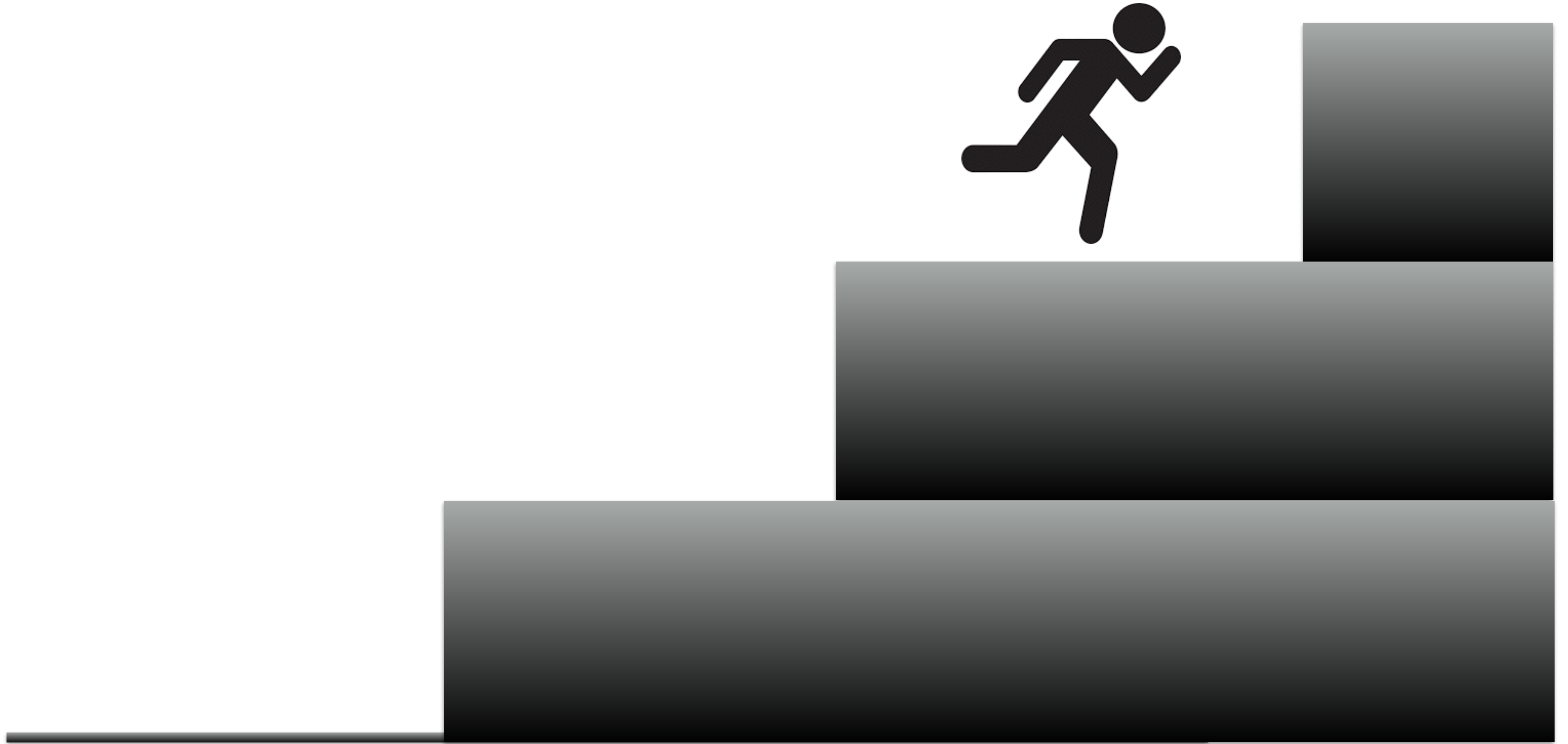
The Reality



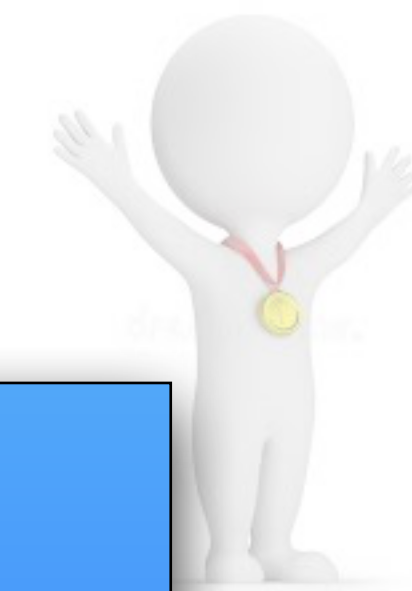
The Reality



The Reality



The Approval Game



We **URGENTLY** Need To Escape From The Game

It's our own approval that we need.

To do that we must:

1. Identify what we want/need.
2. Commit to going after it.
3. Risk failure by having go.
4. Learn from the failures.
5. Apply that learning.
6. Reward ourselves for participating.

Start here

The Approval Game

We **URGENTLY** Need To Escape From The Game

It's our own approval that we need.

To do that we must:

1. Identify what you want.

This process brings no guarantee of success.
Staying in the game is a guarantee of failure.

4. Learn from the failures.

5. Apply that learning.

6. Reward ourselves for participating.

Granting *Approval* to self = *Forgiveness*.

Forgiveness = *Love*.

Love & *Generosity* = **GRACE**.

Assignments

1	Identify what you really, really want. <i>(what is the dream you have been reluctant to pursue?)</i>
2	Do a SWAT analysis of the dream.
3	Find an accountability buddy, a mentor, teacher or friend and lay out plan to go for it.