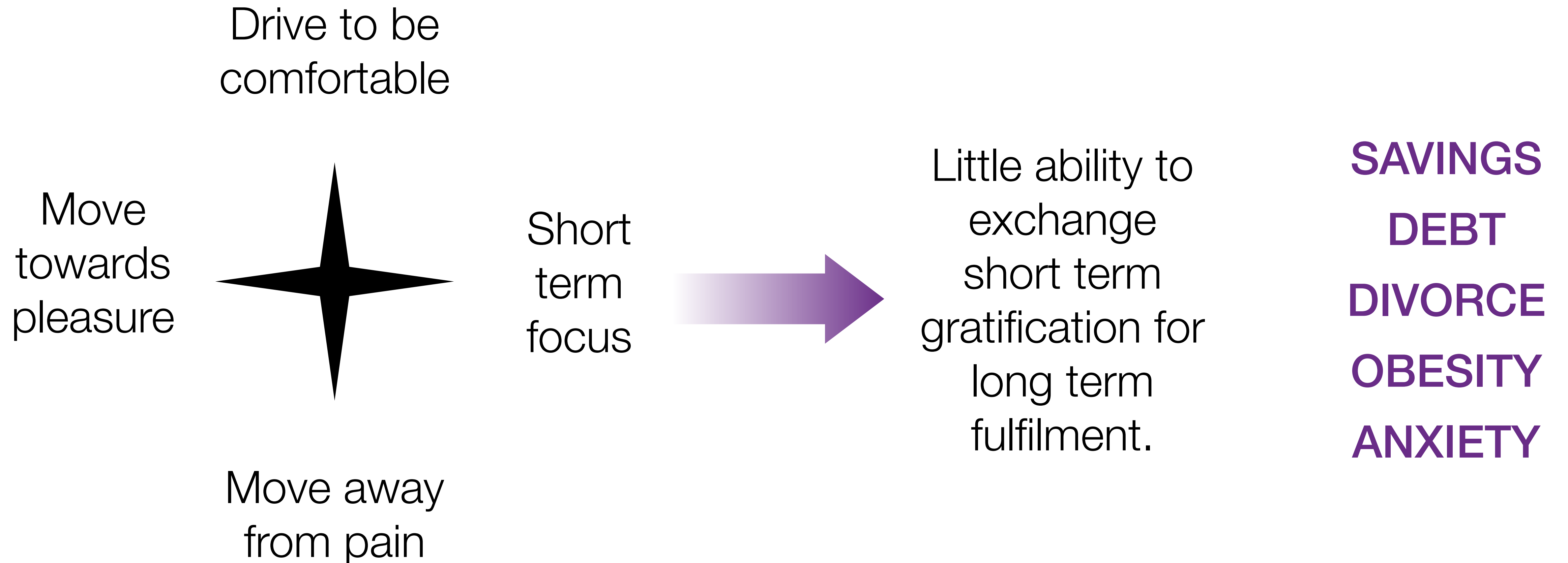


EMOTIONAL HABITS

WHY WE GET STUCK IN
PLACES WE CAN'T SEE



Emotional Habits



Emotional Habits

Our capacity to tolerate being uncomfortable is the trigger that creates disaster.

Most smokers can't stand withdrawal.

Most couples won't tolerate the difficulty or re-engineering their relationship.

Most 'savers' can't stand going without a new car.

Most dieters think they are dying of hunger.

Most anxiety sufferers take a pill.

Most meditators won't sit with a rampant mind.

Most people won't give the speech.

All this despite the acute awareness that anything you do well - you were once crap at.

An expert is just a beginner who refused to give up.

Emotional Habits

The beginner
who refused to
give up
decided they
could tolerate
being
uncomfortable
for long
enough to
'not be'.

But how long
does the
discomfort
last?

DANGER ZONE

Smoking
Relationship
Saving
Dieting
Anxiety
Meditation
Speaking

One week - One year

UNDENIABLE TRUTH

What you can't turn into
a habit remains a
challenge for eternity.
Your inability to handle
'withdrawal'
is a lack of courage that
dominates your future. It
creates more pain that
the withdrawal could
ever have delivered.

Emotional Habits

Success is therefore a direct consequence of turning what was once difficult - into habit.

TOUCH TYPING
SPEAK SPANISH
HEALTHY EATING
PLAY GUITAR
EXERCISE
SLEEP
COMPUTER
SPEAKING

You will handle the discomfort by doing something to 'make it go away.'

Whatever that action is - will become habitual because it is repeated often enough to feel 'natural.'

There are eight recognisable patterns.

8 Recognisable Patterns

Feeling unable to cope
with life without help.

DEPENDENCE

SHAME - I'm
fundamentally flawed
and unfixable.

UNLOVEABLE

Sacrificing personal
needs to please others.

SUBJUGATION

The people and
things I love
leave me.

ABANDONMENT

Emotional
Instability

FAILURE

Belief in inadequacy
relevant to
achievement.

UNWORTHINESS

Belief that the need for
love and success will
never be met.

VULNERABILITY

Belief in imminent
disaster.

PERFECTIONISM

I am what I do - if its not
perfect I am unacceptable.

8 Recognisable Patterns

As I describe each one - give yourself a ranking of some kind.

You could use **red** (major surgery) **amber** (warning) or **green** (doing really well)
or

You could give yourself a score between 0 and 10.

The kind of scoring mechanism doesn't matter - you just want to know where you need to apply the most effort.

Emotional Habits: Dependence

Feeling unable to cope with life without help.

SHOWS UP:

- Use of others as a crutch for constant support.
- Feelings of incompetence - fear of decision making.
- Use of opinionated individuals as role models.
- Fierce, irrational independence.

STRATEGIES:

- Take on new responsibilities and tasks.
- Avoid strong protective partners.
- Accept and integrate compliments.
- Practice decision making.

Emotional Habits: Unloveable

Belief in being fundamentally flawed, wrong, bad...

SHOWS UP:

Shame and humiliation as default position.
Feelings of not being good enough - regardless of great results.
Introversion or bravado (attempt to sell...)

STRATEGIES:

Become aware or over compensating and commit to change.
Write a letter(s) to those who have criticised you.
Self care, self respect, self love...
Take a stand against those who mistreat you.

Emotional Habits: Failure

Belief in inadequacy relevant to achievement.

SHOWS UP:

Imposter syndrome.

Belief in inability to succeed no matter how much effort.

Constantly comparing achievements (worst) with others (best).

Procrastination or overachiever.

STRATEGIES:

Explore criticism, humiliation, comparisons and judgements by others.

Figure out what the opportunity was in any past failures.

Re-calibrate your relationship with failure.

Emotional Habits: Vulnerability

The feeling that disaster is about to strike.

SHOWS UP:

Most likely caused by parents being overprotective.
The worry habit continued past preparation and into phobia.
Ordinary fears escalated out of control.

STRATEGIES:

Pro- active relaxation techniques (meditation etc).
Rational examination of the risks (e.g what are the chances?)
Turn towards the fear and welcome it in.

Emotional Habits: Perfectionism

I am what I do - it's perfect, or I am unacceptable.

SHOWS UP:

Need to keep striving and striving to get parents love.
Compulsive need to keep working on a project.
Constant, vicious self criticism and self reproach.
Lack of fun. Anxiety re too little time to reach (ambitious) targets.

STRATEGIES:

Explore damage to relationships created by relentless criticism.
Explore what realistic standards might be.
Use time limits on projects.

Emotional Habits: Unworthiness

The belief that your need for love will never be met.

SHOWS UP:

Self absorbed parents create the feeling that no one really cares.
Sadness and hopelessness that someone will want to understand.
Surface anger - deeper loneliness and sadness.
Clingy - no amount of love is ever enough.

STRATEGIES:

Learn to verbalise what you want.
Avoid “high chemistry” partners.
Learn self parenting skills.

Emotional Habits: Abandonment

The people I love sooner or later, leave me.

SHOWS UP:

Unwillingness or reluctance to engage fully in relationship.
Fear that emotional needs will not be met by important people.
Shame - based on conviction of being fundamentally flawed.
Shyness, reticence, reluctance, introversion (or opposite).

STRATEGIES:

Avoid uncommitted, unstable or ambivalent partners!
Learn to self parent.
Let go of clinging, jealousy and over-reaction.

Emotional Habits: Subjugation

Sacrificing personal needs to please others.

SHOWS UP:

Guilt if putting yourself first.

Fear of criticism, punishment or abandonment if disobeying.

Rebellion, powerlessness, non commitment, surrender...

STRATEGIES:

Decide what you want before considering what others may want.

Practice confrontation - especially with powerbrokers.

Learn assertiveness skills.

Practice asking for help.

Assignments

<i>1</i>	Identify your three most dominant emotional habits.
<i>2</i>	Determine your strategy for changing with them.
<i>3</i>	Commit to a time and place for that healing work.