

# The Law of Awareness.

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Do you know anyone in your life that just can't be wrong. They seem to always think they're right. They do something wrong or make a mistake, you bring it to their attention, and they get defensive and have excuse after excuse or even blame you. This is often why couples have arguments and get nowhere. Nobody wants to be wrong—especially about things that really matter to us, like who we believe we are, our values, or our beliefs about what others should or shouldn't do.

This comes from our deeply hard-wired fear of failure that is pounded into our subconscious every time we did something wrong as a child and felt bad about ourselves when our parents expressed their anger and disappointment with us. Even though your parents were just trying to parent you the best way they knew (how they were parented), they didn't know that they were

developing in you a deep inner hard-wired fear of doing something wrong that would cause you to automatically fear being wrong, screwing-up or doing something wrong.

## **Fearing failure causes perpetual failure!**

Becoming aware of something unemotional that is wrong in your life automatically causes you to be compelled to take action to change what is wrong. When someone tells you “your zipper is down”, you are automatically compelled to take care of it because you don't want to walk around with your zipper down! You don't reject the idea or the person telling you and then make excuses as to why your zipper was down. In fact you are likely grateful that she told you so as to save you from future embarrassment!

But that COMPLETELY changes when what is being pointed out is a part of who you believe you are and what you value about yourself. If you value being a good parent and someone points out something you are doing wrong as a parent, your deep-wired fear of failure causes you to automatically feel hurt and be compelled to avoid that hurt by rejecting the opinion! So instead of thanking the person for pointing out how you could improve your parenting, you will likely condemn the judgment and even justify or make excuses for what you are doing wrong causing

change to be even more unlikely. This automatic defensiveness causes a person to never admit there is a problem and therefore the problem never gets fixed.

**This is why most self-help books don't even get read, why most therapy doesn't work and why most people fail at weight-loss!**

The mindset needed for success is:



## **I am a good (awesome) person even when I screw-up**

This mindset is just the *opposite* of what we all take into our adult years after feeling bad about ourselves nearly every day for doing something wrong, not listening, not brushing our teeth fast enough, not eating our bread crusts, forgetting to take off our dirty shoes when we came in the house, getting a “D” in algebra, forgetting to feed the dog, drinking all of Dads favorite pop, losing your Moms favorite pair of winter gloves when you played dress-up over at your friend’s house, coming home too late, forgetting to put gas in the car, and the list could go on for 1,000 pages!

Each time you screwed up or did something wrong, you felt condemned by your parents or other adults or even friends. This condemnation makes you feel that YOU are “less-than” and you spend your entire adult life trying to convince yourself and others that you are “more-than”! Only when you remind yourself that you are a good person even when you screw-up, can you learn from your screw-ups and make changes. Your subconscious will automatically make you feel bad about a slip-up, **so only through conscious choice can you remind yourself that everyone slips up and only by slip-ups can one learn and become better.**

## **Redefine your shortcomings as misprogramming**

An easy way to feel better about your shortcomings is to know the truth about them. If you are doing something wrong, it’s not because YOU consciously chose to do something wrong. You are just following your programming. For example, you know consciously that you should not call your husband lazy, but you called him lazy during an argument. You read that criticism kills marriages and you knew that you were criticizing your husband too much and shared your insight with him. He fires back at you, “Thought you were learning from those books you’re reading all the time!” making you feel bad about failing and you automatically fire back, “That’s not criticism, that’s a fact, you ARE lazy!” He walks out of the room.

What usually happens as a result of this perceived “failure” on your part is you feel bad about yourself rather than about what you did. In other words, you blamed yourself rather than your behavior. The reason you criticized your husband even though you know it makes matters worse, is because you have been programmed to react that way just like a cat comes running into the kitchen when she hears a can opener. It’s not you; it’s your programming that made the mistake. **ALL your automatic behavior comes from how you were taught or programmed.** This is not an excuse for your behavior, but you need to know and believe that it’s just plain dumb to beat yourself up over your automatic behavior. We all do things other than what we really want to do. **So you can’t judge someone or yourself on behavior alone.** If after moving to a new home, would you beat yourself up and think of yourself as “less-than” because you automatically still drove to the old house? Rather, judge yourself on whether or not you **are working on your behavior**. If you are, you should feel REALLY good about yourself, because 95% of the population is not!

## Learning to feel good about yourself even when your faults are being pointed out allows you to:

### 1. Master your relationships

Being able to accept being wrong, screwing up or criticism from others without becoming defensive and making the person feel like you didn’t hear or care about what they said or worse criticizing them back, is the key to having healthy long-term relationships with others.

Because of our deeply programmed automatic defensive reactions to anything that would make us feel less-than, we fire back our own criticisms and a war breaks out; A war that rips families apart and forces children to grow up without both parents. This is WHY the divorce rate is so high.



### 2. Become who you want to become

Learning to be able to see your shortcomings as nothing that negates what a great person you are and the potential you have, is the key to opening yourself up to positive change. Without this, you’ll always be searching for some other answer to your problems and never make improvements guaranteeing you’ll stay stuck in your present

circumstances. This is why a new book with a new way to lose weight sells millions of copies. This is why people go to new gyms and think that will motivate them to weight loss success. This is why people try a new diet program each year and fail. It's so hard for people to accept responsibility for their problems because we feel it would require the problem to be "their fault" and that makes one feel "less than". If I can blame someone or something else for my problem, it's no longer my fault, so I can stay feeling "more than" and feel good about myself.

This self-deception affects 95% of people trying to lose weight. The cause of the self-deception is our deeply conditioned feeling that if I screw-up I am "less-than". Once you understand this, you can rise above it and know that you can make mistakes, screw-up and fail and still feel "more than"!

On a conscious level we all know that we can't fix something we won't admit is our issue. ***Ironically, it's very easy to point this out in others!*** Until you understand how you were mis-programmed from parenting and can see how your feeling "less-than" when you are confronted with a slip-up is just that lousy mis-programming, you'll stay stuck in perpetual self-deception and never address the issues that stand in your way to permanently living in a healthy-weight body!

Developing the ability to accept your issues, rather than deny them, is the prerequisite for any change you want to make in your life. The bigger the change, the more this becomes THE factor standing in people's way and why most people fail at the changes they really want like weight loss. But now you know, so now you can get past and rise above this barrier and succeed!

## **The Golden Question and the Pause**

Becoming aware of yourself defending yourself is hard to do "in the moment". Face to face with a person is particularly difficult. You FEEL "attacked" so how you respond to that is so conditioned from past experiences it is powerfully automatic! But you CAN stop your reaction and choose a different path that leads to a much better result. Just listening and saying nothing is better than firing back a defensive remark or painful criticism. Saying "***I hear you***" works really well because the other person wants to be heard! They don't necessarily want solutions when they are expressing themselves....they just want to FEEL heard.

To help yourself from reacting emotionally, remember that human beings express how they feel and not necessarily what they believe. Your spouse might call you a "bad parent" but they don't *really* believe you ARE a lousy parent. They are just expressing their frustration magnified by their emotional state. See this video:

Even if you did something that was “bad parenting” like yelling at your child, it was because of your misprogramming not because you’re a lousy person. You probably grew up getting yelled at and seeing your parents yelling so you were programmed that is what frustrated parents do to get their kids to do what they want. It has worked many times in the past, so how can you expect yourself to perfectly stop this misprogramming just because you learned something different a few months ago?



Most people try to ignore their slip-ups or mistakes, but that doesn’t help you make your life better. If you want to improve yourself, learn to always ask yourself: **“What can I learn from this?”** This is the golden question the leads to a golden life!

Asking this question “in the moment” allows your brain to be pulled away from its subconscious instant reaction. Your subconscious brain “thinks” instantly, so any subconscious programming you have comes out like a firecracker with no fuse! BAMB, it just happens! (How many times in your life have you said something or did something from subconscious reaction and later “wished you hadn’t!”) We all can look back at these occurrences and wish we could take them back. They are the words and actions that deeply damage our relationships and our lives. By simply putting a pause in your thinking, your conscious can override the automatic reaction and you can avoid future “I wish I hadn’t” events in your life.

## **YOUR ASSIGNMENT:**

Become aware of how you automatically reject things that make you feel less-than. When you read something or someone points out something you are doing wrong or what you could do better, use a pause and the statement *“What could I learn from this?”* to stop yourself from your automatic reactions that cause your life to stay stuck.

**What made me feel less-than:** Dave’s video told me that people who are overweight are likely using food as a way to balance pleasure with the pain in their life.

**What I did:** I paused and asked myself: “what can I learn from this?” rather than think “I don’t do that”

**What I learned from it to improve my life:** Rather than passing over it, I thought about his point and it made a lot of sense. It’s hard for me to believe I am eating to balance out the “pain” in my life, but I am

going to work on how I see my life and getting more pleasure into my life so I am not so compelled by the enjoyment of eating.

**What made me feel less-than:**

**What I did:**

**What I learned from it to improve my life:**

**What made me feel less-than:**

**What I did:**

**What I learned from it to improve my life:**

**PRACTICE this until using THE PAUSE and THE QUESTION become a habit in your life! When it does, you will become happier and more successful in all parts of your life!**