



# How do I Change?

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Why are people so resistant to change?

Why is losing weight so difficult?

Success starts with understanding why you do what you do. This is something that is not taught in most programs or even high schools, but understanding this concept is vital to your success and will save you from a lot of suffering and self-blame.

A thought triggers a belief which causes a feeling which causes what you do. This process looks like this: **Thought → Belief → Feeling → What you do**

Thought: today is Election Day → belief: voting is a responsibility → feeling: I need to go vote → drive to city hall and stand in line to vote

Or it could be:

Thought: today is Election Day → belief: politicians are all crooks → feeling: voting is a waste of time → go home

Thought: There's a sign for pizza for \$5, I need to feed my kids → belief: Pizza is OK to feed my kids and they love it → feeling: I'll get pizza → stop and buy it.

Thought: There's a sign for 3 for a dollar donuts → belief: Donuts make me fat → feeling: I don't want to be fat and miserable → keep driving

## What people do wrong

When you understand the process of how your thoughts trigger your beliefs that then cause you to “feel like” doing or not doing, you can then see the absurdity of trying to change what you do without changing the belief that causes it! This is exactly what most everyone tries to do! They use willpower to eat green beans while keeping the belief that green beans taste “crappy”. They use their willpower to get out of bed 30 minutes early while keeping their belief that getting up early sucks! They use their willpower to not eat Pizza while keeping their belief that pizza is “their favorite...ummmmy!”

*Trying to change something you do permanently without changing the belief that is causing it is impossible*

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Sure, you can change what you do temporarily using your willpower, but until you change the belief CAUSING what you feel like doing or not doing, you will never change it. Eventually your willpower will run out. Sound familiar?

## Why people are so resistant to changing their beliefs

So the easy solution to getting yourself to automatically do something differently is **to just change your belief and you'll change what you do**. And that's exactly what must happen and does happen when a person is successful at any permanent change. But we all have this natural tendency to want to keep our beliefs and still get different results demonstrated by the many quick weight loss solutions that offer results without hunger, effort, or time.



Now that you understand how your brain works, you can understand why people are so attached to their beliefs. Your brain, not *you*, is resistant to changing your beliefs because it goes against the core function of your brain—to keep you from discomfort and danger. Beliefs tell your brain what to do. Beliefs are the instruction manual for your brain. **Anything new is unknown and has potential for failure, thus has the potential for discomfort so your brain is hard-wired to strongly avoid it by keeping your current beliefs as is.**

Another factor influencing you to keep your current beliefs is other people. You are most influenced by other human beings. This started as a child and hasn't stopped. Parenting drilled into us the belief that we should listen to what others say or suffer the pain of disapproval or anger. So we are all highly sensitive to the opinions (beliefs) of other people—especially those we care about and are around the most. We all have a deeply programmed belief that a good person should try to create harmony by sharing the beliefs of our family and friends. In fact, we get mad at them if they don't. These beliefs include everything from politics to food preferences and exercise.

So there are **two powerful forces** keeping you attached to your current beliefs:

- 1. Your brain's tendency to avoid anything that could cause pain or discomfort**
- 2. Your brain's desire to share and validate its beliefs with others.**

## How do I get new beliefs?

There are two ways to get a belief—from other people and from yourself. Most of your core beliefs guiding what you do today were given to you by others a long time ago before you were old enough to have any say in the matter. Your parents and others like siblings, family and teachers also played a role in giving you your current beliefs. They gave them directly to you by

stating them to you or they gave them indirectly to you after you witnessing them do something, and you stating the belief to yourself. Your Mom could have given you a belief directly by saying to you: “I always cook with butter because...” Or you could have watched her always cooking with butter and said to yourself: “*Mom always cooks with butter—that must be the best way.*”

So to get NEW beliefs you should:

1. **Get around other people with the beliefs you want your brain to learn**
2. **Teach your brain new beliefs with your own Self-Talk**



First, remember that **what *you* believe and what your brain believes can be two totally different things.** You can believe that overeating causes you to get fat, but your brain believes that eating more gives you more pleasure! You believe that going on Facebook every day is not good because it causes you to procrastinate on other important things, but your brain believes that Facebook is a lot of fun and you find yourself spending hours checking it! Anything in your life that you want different, you can be sure that what *you* believe and what your brain believes are opposites.

Often it can be hard to distinguish between *your* beliefs and your brain’s beliefs because we express all our beliefs as our own. We use statements like “I don’t like running”, “I don’t like broccoli”, “Cottage cheese tastes sour to me”, “I’m a night person”, “I don’t like the Vikings”. These statements represent whose beliefs—*yours* or your brains?

Here’s an easy question to ask yourself to determine if the belief is *yours* or your brains:

## *“Is it possible for me to have an opposite belief?”*

Is it possible for you to like broccoli?

Is it possible for you to like the taste of cottage cheese?

Is it possible to become a morning person or to like the Vikings?

If the answer comes back “no way, I hate the Vikings or I hate cottage cheese” ask a second question: “why do I hate the Vikings or cottage cheese?” If those answers are not from Love, you’ll know that they are not from *you*.

If the answer is YES it is possible from my higher loving self, then you know that these beliefs are your brain’s and not yours.

As we will later discuss, you are a Spirit of energy put in a human body that knows no boundaries or limitations. When you say to yourself, “*I could never become mayor*” or “*I could never become vice president of my company*” or “*I could never live in a healthy-weight body*”, those limiting beliefs can only come from your brain and thus have no validity in what is truthfully possible.

*Anything in your life that you want different, you can be sure that what you believe and what your brain believes are opposites.*

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**Opening up the door to new beliefs that empower you to do what you wish involves first seeing your many beliefs as NOT *your* beliefs.** If the belief is limiting, it’s your brain’s belief (or what is called programming) which is subject to change based upon your CHOICE. When someone believes ALL their brain’s beliefs are *their* beliefs, is when the door to new beliefs is slammed shut and locked—and their life will NEVER change.



**With this understanding you are now FREE to choose the beliefs you want that empower you to move forward with your wishes aligned with Love for yourself and others.**

## ASSIGNMENT:

The “Why you do what you do sequence” is very important to understand because once you do, you understand why your willpower didn’t work before and how to make it work. To become aware of the sequence in your life, record 3 events below:

**Thought → Belief → Feeling → What you do**

1.

2.

3.

Getting in the habit of asking yourself these two questions all the time will change your life:

*1. What belief caused me to feel this way?*

*2. Is this MY belief or my brain’s belief?*

List 3 examples of using these questions and the better outcome that resulted:

Example: I was going to skip going for a jog, but I determined that my brain, and not I, believes jogging is too much work and discomfort...I love it, my brain just likes being comfortable.

1.

2.

3.

To get NEW beliefs, can you see how important it is to get around others who have the beliefs you want to adopt. What can you do to you get more people into your life with the beliefs about exercise and eating healthy?