

The Pause

Feeling “good” or the feeling of pleasure is the motivation for of everything we do. It’s the core reason you want to live in a healthy weight body. To make the choices that lead to a great life, you have to feel good. If you feel lousy, hurt, overwhelmed, wronged, looked over, inferior or any other of the dozens of negative emotions, you’ll make poor choices.

Most don’t realize that it’s their automatic reactions to things that happen in their life that causes them to experience negative feelings. Time is the magic “potion” for painful feelings. You know this to be true because you always feel better about something the next day! What seemed like a hopeless situation was not really that bad the next day. What seemed devastating at the time was long forgotten two months later. Think about all the things in the past that REALLY upset you. These things always work themselves out. Time always makes things better!

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Everyone uses time to heal and get past negative emotions, but only a few skilled happy people have learned to USE time to AVOID negative feelings.

Here’s the deal. When something happens, you experience a feeling based on your initial interpretation. The more you dwell on it, the more powerful that feeling becomes to you and thus the more it effects what you do (like overeating). It’s like adding wood to a campfire...the more wood you add, the BIGGER the fire gets. You keep adding more fuel to the fire by thinking about it. The fire keeps getting bigger and bigger!



“The Pause” allows you to stop your automatic reaction from you initial interpretation and gives you some time to think about possible other interpretations and to **choose the best response by asking important questions like:**

- “What else can this mean?”
- “Is this worth getting upset about?”
- “What is the best outcome I really want?”

Or statements of belief like:

- “I’ve said things I don’t really mean before too.”

- “I don’t know how this will turn out so why drive myself nuts thinking the worst!”

Like a wise friend

“The Pause” is like a good friend coming to you and asking your advice. For example, you blow up at your child at the store and you feel like a bad parent and you begin to focus on what a failure you are in all aspects of your life. If you told this to a good friend would she agree with you and start sharing other things that would confirm what you were thinking?! Of course not! She would get you thinking differently by stating what she believed or by asking good questions. She might say to you: *“All parents lose their cool; it doesn’t mean you’re not a good parent or a lousy person.”* *“How could you turn this situation around into something positive?”* The answer to that question might be to go apologize to the child and make it a lesson in how important giving and accepting apologies are in good loving relationships or that everyone, even grown-ups make mistakes and they are not bad if you learn from them.



“The Pause” is like a good friend coming to you with what just happened and asking your advice.

Reaction is natural

Our brains are designed to react. If a car is veering toward us, we don’t have time to pause and take a moment to ponder the best way to respond to the situation. Our subconscious brain is designed to react to what it senses to protect itself. This works great to protect us from physical danger, but not so well when it comes to emotional danger. When someone makes a comment that you perceive as being condescending, your natural “pull” is to react. You don’t have to think consciously, *“gosh, that person just made a negative comment about me; I should feel angry now and do something to feel better.”* It just happens automatically. You don’t have to think about doing this; it’s as natural and automatic as breathing.

“The Pause” requires that you REALLY want better!

For “The Pause” to work, it requires a personal desire and commitment for peace, compassion and a better outcome. Deep inside we all want this. Peace and compassion with others and yourself IS your true self—your spirit. It’s the ego, your false self, that reacts with judgment, anger and hurt. Without “The Pause”, your ego is in charge. With “The Pause”, your true self is allowed the time it needs to emerge and see things from a higher and always better perspective.

However, it’s so easy to let our emotions run us. When we feel hurt, angry, depressed or overwhelmed it’s natural to feel like going with our reaction responses to life’s issues. **It takes a mature mindset to commit to forgo this easy path** and choose to use “The Pause” to create better outcomes and a better life!

The Pause requires detachment

To stop and think about other better alternatives to an occurrence in your life requires that you detach from it. When something happens, your brain always is asking “*What does this mean?*” and then placing a meaning on it. For example, your spouse criticizes your cooking. The meaning your subconscious brain puts on this within milliseconds is that your spouse is right and you feel hurt from the comment. If you stay emotionally attached to this meaning, your brain will be consumed with the feeling of hurt and you will be unable to use “The Pause”. You’ll keep thinking about the comment, its meaning, and feeling hurt from it. Your brain will pull in other comments and other things from the past to begin to back up this initial meaning. You’ll keep putting more logs on the fire until its burning red hot with hurt! This is what we all do automatically because that’s what our brain does!

Learning to detach from the initial meaning you automatically place on things takes practice. This is what meditation does for you—allows you to practice having thoughts and letting them pass rather than attaching meaning to them and thus triggering a feeling. Meditation practice teaches us to name our thoughts rather than attach a meaning. “*Oh, there’s my thought that my cooking stinks and my spouse doesn’t appreciate me.*” You just identify the thought rather than fight it or address it. Soon another thought will appear and you do the same thing—just identify it. “*Oh, there’s my thought about my bills needing to be paid.*” You just “see” the thought, identify it and then let it sit without jumping to put a meaning on it. This takes practice because for most beginners, it will go like this: “*Oh, there’s my thought about my bills needing to be paid.*” And then this thought will automatically pop-up: “*Crap, I need to get those paid before I get late fees!*” and then this



thought might pop-up: *"I wish I was a more organized person."* From these thoughts, you will be tempted to attach a meaning and then a feeling. In this example, you might feel worry about getting a late fee and then feel inferior because you think you're more disorganized than most others. **The key to detachment is to keep identifying!** *"Oh, there's my worry about a late fee."* *"Oh there's my feeling inferior because I am always late paying my bills."*

You detach and become an observer of your thoughts. By doing this you allow yourself the time (The Pause) to ask questions or allow your true beliefs to be considered which will allow for better thoughts and thus better feelings causing better responses and thus better outcomes! A better life!

How to use "The Pause"

Step #1: Identify the initial thought. *"Oh I'm thinking my spouse believes my cooking sucks."*

Step #2: Pause to detach emotionally from it.

Step #3: Identify response thoughts. *"Oh, now I am thinking I am not a good cook."*

Step #4: Pause

Step #5: Identify response thoughts until they stop. *"Now I'm thinking that because I'm not a good cook, I'm not a good wife"*

Step #6: If the thought comes back use a "Wise Friend" questions or statements

- "What else can this mean?"
- "Is this worth getting upset about?"
- "What is the best outcome I really want?"

Or statements of belief like:

- "I've said things I don't really mean before too."
- "I don't know how this will turn out so why drive myself nuts thinking the worst!"

Think "If a good friend came to me with this same issue, what would I tell her?"

YOUR ASSIGNMENT:

Start using your new tool “The Pause”. Use your willpower to forgo automatic reactions and choose to detach and identify your thoughts. Don’t worry about better outcomes at this point. Just get yourself used to detaching, identifying and then pausing. When you get good at this, better outcomes will become automatic!

Live by Choice

You hear me saying it at the end of all my videos and audios. Nothing is more important in making your life what you really want it to be, than your POWER of choice! You CAN decide to use “The Pause” and respond from a place of compassion, peace and desire for the best outcome. By choice, you can stop reacting and tossing more logs on the fire that just hurts you and those around you that you care about. When you choose differently, your automatic reactions will win over most of the time. This is why most people quit trying to live by choice. If you keep living by choice, you will start to change your old conditioning. The key is to keep going! Never stop trying to live by what you really want...your choice!