

# The why-you-do-what-you-do sequence

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## The truth will set you free 😊

"...you shall know the truth, and the truth shall make you free." The Bible, John 8:32

When I learned how my brain actually worked, I felt an incredible sense of freedom and hope in knowing that my life was not a lost cause. I was able to disassociate my self-worth from my actions. I stopped hating myself for what I was doing. Additionally, I could now better understand WHY my wife and others did things that upset me. This understanding opened up my mind to a new world of patience and understanding of others I'd never had.



## The sequence that creates your life

A person sees an ad on TV about college and thinks about going back to school. However, this person has stored in their subconscious an old association that school = struggle and pain so their brain fires off feelings of overwhelm, inferiority, or other emotions associated with how school felt years ago. Because our brains are wired to automatically avoid dangerous situations that could cause pain, she

decides not to call or pursue finishing college and dismisses the idea and quickly creates a new thought by justifying to herself why she doesn't need college to be successful to get back to feeling good.

A wife has a thought (belief) that her husband is giving more attention and time to his co-workers causing her to feel hurt and jealous when he talks about work. He comes home from work a bit late and the wife asks him in an accusatory tone of voice, "so where've you been?" The husband thinks his wife's comment means she is unsupportive and ungrateful of his sacrifices at work and this thought causes him to feel unappreciated so he comments back to her negatively. The husband's negative comment reinforces the wife's feeling that the husband cares more about work than her and she fires back her own negative comment. A fight occurs and the love in the marriage takes a massive blow. **Thoughts create feelings that cause us to do things which create the outcomes we have in life!**

**Event or Circumstance → Thought → Feeling → Action**

When I became fully aware of this sequence, I thought: “*wow, if I can change my thoughts, I can change of my life!*”

## **The definition of Intelligence**

Changing your life often means putting to rest some very prevalent myths. To be different than the norm, it would only make sense that we have to have different beliefs than “the norm”. One of those myths is that intelligence is the ability to solve problems from the acquisition of knowledge & skill. We consider people to be “intelligent” when they have a great deal of knowledge, experience or education. However, mental hospitals, therapy offices and courthouses are full of very “intelligent” people. The news is full of intelligent people doing stupid things. A better definition of intelligence is:

***The ability to control and guide one’s emotions to produce happiness, worthiness and positive results in one’s life.***

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To be highly “intelligent” would mean the ability to choose the emotion you really want no matter what occurs to or around you. For me, and probably you, this is radical thinking! I grew up believing that a person can’t control what emotions come up. Anger, fear, joy and frustration are just the result of things that happen TO you. A person doesn’t control these things; he just lets them out or keeps them inside. At least that was what I was taught from watching my father and other men—that men keep their feelings inside. Never was anything mentioned about being able to choose my feelings!

To prove to yourself that you do have the ability to control what you think and how you feel, try this experiment:



**Think of a yellow school bus.**

**Now make it a green school bus.**

**Now make the school bus pull over and watch the door open and see the most beautiful people of the opposite sex come off the bus.**

**Now see them all in snowsuits.**

**Now see them all totally naked.**

**Now see your mothers face appear on one of the people!**

Did you sense yourself go from a neutral feeling (school bus colors) to an excited or funny feeling (naked people) to a guilty feeling (seeing mom after seeing naked people), just based on what you thought of in your head? **So this proves that you DO HAVE the ability to think certain thoughts that CREATE certain feelings. Cool!**

The reason why we believe that circumstances cause our thoughts is that most of the time (99%) we allow them to. We have two ways to think: Consciously or subconsciously. Our subconscious brain operates in milliseconds. It's designed to protect us—to give us the ability to take action very quickly to avoid danger. Your brain's subconscious thinking never shuts off. It is constantly taking in information and spewing out warnings to take action. Your conscious thinking can trump your subconscious thinking; but only if it's paying attention. Have you ever driven the wrong way after you moved or got a new job? What happened is your subconscious was conditioned through repetition to know the old way, but your conscious brain was occupied with something else (phone call or deep thought) and forgot to "trump" your old subconscious belief in what way is home or work.



This example, also illustrates that **your subconscious is 100% dumb—meaning it only knows what it has been programmed to know through your experiences.** When you move, your subconscious will think home is a certain way until you drive that way a few times to "re-program" in a new belief defining what turns to make and roads to take to get "home".

It's hard to imagine life without the subconscious thinking directing most of one's activity. We would only be able to do one task at a time. We would not be able to do many of the things we take for granted like talking on the phone or listening to music while driving. We wouldn't be able to have a conversation while eating. We wouldn't be able to scratch an itch while walking. Basically everything you did would require the total attention of your conscious thinking, slowing life down to one process at a time; making some tasks that require multi-tasking, like driving, to become impossible. So our subconscious thinking comes in very handy.

But like everything else good in life, there's always a trade-off. Your subconscious brain is also analyzing any and all emotional dangers in the environment both present and future and constantly spewing out warnings in the form of thoughts and feelings. So yes, thoughts and the

subsequent feelings do come to us automatically. But there's a HUGE difference in our subconscious seeing a red light and sending the signal to stop the car vs. seeing a great job opening in the paper and sending the signal of danger in the form of an internal voice saying: *"That sounds like a great job, but I'd never get it...why try and disappointment myself!"*

I'm not sure if we humans just get used to believing our subconscious thinking or if most of us can't tell the difference between the two. But we human beings were given something the animals didn't get--conscious thinking. **No matter what the subconscious part of our brain spews out, in emotional or potentially hurtful situations, we have the ability and responsibility to choose our own conscious thinking rather than blindly follow our subconscious reactions!**

*"Intelligence" is the ability to use conscious choice when deciding what to think.*

*"Stupidity" is forgoing choice and allowing subconscious reactions to decide what you should think.*

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## Your Assignment:

1. Become aware of your why-you-do-what-you-do sequences. When you feel an emotion, try to step it back to what event happened and what thought you had about that event or circumstance.

Emotion Felt: \_\_\_\_\_

Event/Circumstance that happened: \_\_\_\_\_

Thought your brain produced from that Event or Circumstance:

\_\_\_\_\_  
\_\_\_\_\_

Emotion Felt: \_\_\_\_\_

Event/Circumstance that happened: \_\_\_\_\_

Thought your brain produced from that Event or Circumstance:

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### *How do you change this process?*

You can use your willpower to debate the thought that is produced by your brain from the event or circumstance. Ignoring or changing the automatic thoughts that your subconscious “pops up” instantaneously is the key to improving your life and losing weight permanently!

We'll discuss this in a coming lesson! 😊