

HOW TO *BREAK THROUGH* SELF-SABOTAGE!

Do you ever feel like there are two of you in that head of yours? My clients often say that when it comes to making decisions, they have an angel whispering in one ear and the devil yelling in the other. I've felt that way before and I'm sure you have to.

This happens when you are in conflict over what you really want and what's truly best for you. One part wants you to be thinner, for example, but another part wants to feel better now and it thinks that eating those brownies will accomplish the task.

Arguing with your self typically leads to either making a poor choice or not being able to make one at all. When people procrastinate, it's usually a sign that unconsciously they aren't clear on what's best for them. As a result, they "protect" themselves by remaining exactly the way they are.

If you find yourself in a situation where you want one thing but are making choices that move you in the opposite direction or if you are engaging in "negative" behaviors and you want to stop, try the following...

1. Pretend that there are two parts of you and get in touch with each part respectively. **Part A** is responsible for the actions that you deem harmful/destructive/unhealthy/self-limiting/negative. **Part B** is responsible for the actions that you deem are helpful/constructive/healthy/empowering/positive.
2. Assume that each part of you actually has a **POSITIVE INTENTION** that's driving the behavior, whether that behavior is helpful or harmful. Your mission is to discover what that positive intention may be for both parts.
3. Once you discover the positive intentions of both parts, you will realize that each part wants to help you. Thus you must get these two parts to work together as one, so that there is a **SINGLE DRIVING FORCE** within you. Realize that these two parts can help each other so that **BOTH** positive intentions can be met, rather than just one or the other.
4. Once you have accomplished this, imagine **Part A and B** melting together in your mind so that they become **Part C** (C = courage to follow through now). Then imagine yourself in the future behaving in a new way that meets both of those positive intentions.

Here is a common example of this in action...

CAN'T STOP EATING JUNK FOOD

Mary comes in complaining of not being able to stop eating junk food. She wants to lose weight but whenever she gets stressed, she reaches for cookies, donuts, candy, etc. "I can't stop myself. I know it's bad but a part of me doesn't seem to care."

Step 1 and 2 We assume the part of Mary that reaches for sugar has a positive intention even if the behavior is causing her long-term pain (frustration/obesity/diabetes). We have her get in touch with this part of her and refer to it as **Part A**. We ask **Part A**, “What is the positive intention behind reaching for sugar? How are you attempting to help, serve, or protect Mary by doing this?”

Part A may respond by saying, “I want her to feel good now. I help her get through the tough times.” Or, “I’ve always been told what I should and should not eat. I want to be my own boss and make my own decisions.” It’s easy to see why Mary would have such a difficult time ending this bad habit. It’s her unconscious way of feeling better, coping with difficult situations, or feeling like she is in control of her life.

Next we’d get in touch with **Part B**, the part of Mary that wants to become thinner, to see what it’s positive intentions are. “What is the positive intention behind becoming thinner? How are you attempting to help, serve, or protect Mary by doing this?” **Part B** may respond by saying, “I want her to feel good now AND in the future. I want to protect her from getting sick. Plus, I want to feel in control of my life.”

As you can see, **Part A and Part B** actually both want the same thing. They want Mary to *feel good now* and to *feel in control*. They are just going about it in different ways. Step 3 would be to get these two parts working together so that Mary can feel good now, feel good in the future, and feel in control of her life. “Mary, I want you to imagine that these two parts of you begin speaking to each other so that they can discover how to help each other achieve the common goal of feeling good while being more in control over your weight. **Part A** may tell **Part B** to find other ways to feel good in the present without going to sugar. **Part B** may ask **Part B** to use the same level of conviction towards reaching for sugar, but to channel that motivation into becoming thinner, which will make her feel more in control.

Step 4 Once these two parts now become whole (**Part C**), Mary would then be asked to imagine herself dealing with stress in the future. The usual response is something like, “I think of grabbing for a candy bar and then something inside me says, “You don’t need that.” So I call a friend who always makes me laugh instead. This decision makes me *feel better now and later* on because *I am now in control* of my eating habits.”

Whether you’re procrastinating or struggling over a difficult decision, this technique can help you uncover what is really going on at an unconscious level and achieve the breakthrough you’ve been seeking. This technique may seem complicated or difficult to do on yourself and an **NLP Practitioner** can be of great help in getting you results. However, I wanted you to have the steps just in case you’d like to try it out on your own!

Thank you so much and I hope that your day is a Shurr ! Success

;-) Tim Shurr, MA, CH

Author of *Get Out Of Your Way!* and Founder of Design Your Destiny

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317-579-7500