


It wasn't something I *had* – it was something I was *doing*....

By behaviour specialist, therapist and physicist Richard Walker



I have worked with people from all different walks of life. The one thing they have in common when they call is that they are complaining about some problem they 'can't control'. It might be it illness, an emotional issue, or performance in sport, business or relationships. And they want me to fix it, preferably in a few visits.

It 'happened *to me*'; '*they*' did it; 'no one ever gave *me* the opportunity get on'; 'it's a virus'; 'I've *got* such and such a disease, or syndrome. Like Bart Simpson said, 'I didn't do it, no-one saw me do it, you can't prove a thing'.

But let's just suppose that where you find yourself now, with whatever you have now, you had a hand in it, somehow. Now, I don't think anyone would consciously make choices that would create problems in their lives. That would be extreme. Let's say that where you are now is the consequence of the sum total of all the unconscious and conscious decisions you have made in your life up till this moment.

What does that do to help? Well, it would mean that whatever happens, you made it happen. And in the future, what you achieve is the result of your actions. Now I think that sounds like a truly an empowering belief. Something you'll hear from anyone who's achieved some success in their life.

Now I've got lists of other beliefs people have held about themselves, which are downright debilitating or limiting. Things like 'I'm not good enough'; 'I feel I will always come second'; 'I could never do that'; 'I could never be that successful'; 'I could never meet a girl like that' etc. They are usually out of awareness, but they are there, and they sure influence their choices, behaviour and actions. What you believe, deep down, is the best you'll ever experience. Think about it; have you ever met anyone who is living a life they don't believe in? Sure, you might say it's all in the mind. But what a difference it makes. It's your choice.

If you want to find out more, call Richard on 01582 768830 or visit www.abetterlife-uk.com

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