

RESISTANCE TO POSITIVE CHANGE AND HAPPINESS

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<http://www.HolisticHarmony.com>

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It is not to be taken for granted that we all want happiness in all parts of our being. Although we all logically may want to be happy, many of us have what might be called inner obstacles, resistance, psychological reversal or secondary gains that prevent us from doing what we need to be happy or accepting it when it is possible. Some of those inner obstacles towards manifesting or accepting happiness are listed below. If you find any of the following familiar, then you will want to work on transforming such beliefs and emotions. We have an abundance of information on how to get free and create happiness at <http://www.HolisticHarmony.com>

Some emotions or beliefs that may cause us to not want to let go of a particular negative emotion.

1. I have felt this way (not happy) **a long time** and do not know what it will be like to be without this emotion. It will be like losing an important part of myself or of my life. (We have become attached or addicted to feeling this way.)

Possible emotions:

- a. Fear of unknown.
- b. Fear of being different than I am.
- c. Fear of not being acceptable to others if I am different than I have been until now.
- d. Fear of not being accepted by others if I am not like them (unhappy).
- e. Fear of loneliness if I am happy.

2. I believe that I need this emotion (possibly through anger, depression, injustice, pain) in order to **protect myself** from others.

Possible emotions:

- a. Fear that others want to hurt or use us and thus we need to protect ourselves with anger, depression or hurt.
- b. Fear that I do not have any other way of protecting myself.
- c. Fear of not getting what I want if I let go of this emotion.
- d. Fear that others will not pay attention to me if I am not angry or crying.

3. I will lose my power or control over others. (Perhaps with anger, depression or dissatisfaction.)

Possible emotions:

- a. Fear that I won't, in any other way, be able to get what I want from others.
- b. Fear that if I do not control them, they will control me.
- c. Fear that I will lose my self-worth (or something else important to me) if I do not control others.

4. I will lose others' attention if I do not have this emotion.

Possible emotions:

- a. Fear that others will not pay attention to me if I do not have these emotions.
- b. Fear that I do not have anything worthwhile about myself for others to be interested in.
- c. Fear that if I do not have others attention, then I will have no self-worth.
- d. Fear of loneliness.

5. I will lose my self-worth if I do not feel this way. (Especially if we are used to feeling the victim or «righteous anger» in order to get our feelings of goodness, righteousness or self-worth)

Possible emotions:

- a. Fear that I have no self-worth except when I am angry.
- b. Fear that I have no self-worth except when I am done injustice to.
- c. Fear that I will not be right if I am not angry or crying.

6. I will allow others to be free from feeling guilty or responsible about me. I will lose control over them.

- a. Anger towards others for what they have done to me.
- b. Guilt if the others are not guilty ("someone has to be guilty - if it is not them, then I must be.") Thus the need to be «not well» in order for them to guilt about me.
- c. Fear of losing control over others.

7. I will need to take responsibility for my life.

Possible emotions:

- a. Fear that I am not capable to handling life on my own. Thus better to be «not well» and thus not be able to try to make it in life. Not trying means not failing.
- b. Fear of loneliness.

8. In order to be good, **I must feel guilty** for what I have done. Thus I cannot accept feeling okay. A good person must feel guilty.

- a. Fear that I will not be a good person, unless I feel guilty and unhappy. (To pay for my sins)
- b. Feeling that I must punish myself for mistakes I have made.

9. I will **need to be happy** - something which scares me.

Possible emotions:

- a. Fear that if I am too happy, something bad will then happen.
- b. Fear that if I do not need others and am happy, I will lose their attention.
- c. Fear that if I am not a victim, I have no self-worth.
- d. Fear that I might annoy someone or make them unhappy – perhaps they will feel demeaned or jealous if I am happy
- e. Fear that others might consider me to be silly or not serious if I express joy.
- f. Fear that happiness and joy might be against what God wants from me. (Perhaps a lack of respect.)
- g. Fear that happiness needs always to be balanced with unhappiness.
- h. Happiness must be obtained by hard work and trials and tribulations.

10. I will have to **recognize my self-worth** - which also scares me.

Possible emotions:

- a. Fear that if I believe in my self-worth, I will be egotistical and not good or pure.
- b. Fear that I do not deserve to believe in my self-worth.
- c. Fear of the power, which comes from believing in myself.

11. I do not deserve (I am not good enough) to be happy.

- a. Because when I was a child..... (choose some)
- 2. My parents did not love me...
- 3. They did not pay attention to me...
- 4. I was not good in school...
- 5. They rejected me...
- 6. They told me I was a bad boy – girl...
- 7. They abandoned me...
- 8. They did not fulfill my need...
- 9. My parents divorced...
- 10. My parent(s) died...
- 11. They abused me...
- 12. They compared me to others...
- 13. I did not satisfy my parents...

Many other possibilities

.....that means I am not good and do not deserve happiness (health, harmonious relationships, abundance)

12. Others (you fill in)

These lists of beliefs and emotions are not in any way complete and we welcome your suggested additions to: applications@HolisticHarmony.com

More about life coaching at:

<http://www.HolisticHarmony.com/introholisticcoach.asp>

<http://www.HolisticHarmony.com/coachquestions/index.asp>

HAVING FOUND EACH OBSTACLE OR BELIEF – CAN:

- 1. DO REGRESSIONS TO FIND SOURCE – REMOVE WITH EMDR, EFT, TAT, BSFF, HYPNOTISM**

2. **POSITIVE PROJECTION – OF SELF HAPPY – SEE IF CAN ACCEPT OR FEAR**
3. **POSITIVE AFFIRMATIONS**
4. **BEHAVIORAL THERAPY**
5. **ENERGY PSYCHOLOGY**

OBSTACLES TOWARD THE FULLFILMENT OF THE PURPOSE OF LIFE

From the book Psychology of Happiness

<http://www.HolisticHarmony.com/ebooksch/index.asp>

A. What would be the changes or moves you would like to make so as to be more in accord with the purpose of your life?

- 1.
- 2.
- 3.
- 4.

B. In connection with these changes or moves, think if there are the following obstacles:

1. Are you concerned about what the others will think?

a) Who?

b) What do you believe they will think?

c) Why do you mind that they will have these thoughts?

2. Do you have some financial insecurity in connection with these changes? What do you think?

3. Do you have attachments to some comforts which stop you from living your life more in accord with your purposes?

a) What comforts?

b) What will you miss if you don't have them?

4. Do you have attachments to exterior sources of security, enjoyment of affirmation which stop you from going on toward your life purposes?

a) What are these attachments?

b) What will happen if you don't have them?

5. Is the conviction that you won't succeed to do, or complete what you want to do, on obstacle?

6. Do you lack self-control and will power? If so, what can you do about it?

7. Do you perhaps have lack of faith to God, to the soul or to spiritual life? If so, what can you do about it?

8. Do you perhaps believe that you are too old for changes and that you have missed the opportunities for change?

9. Do you have conflict of needs?

Note here some of the conflicts:

One part of the self wants to But another part doesn't

- a.
- b.
- c.
- d.

C. Now make a plan relating to how you will overcome the probable obstacles to the fulfillment of your life's purposes.

CHAPTER 15

WHY SOME OF US DO NOT REALLY WANT TO IMPROVE OUR LIVES

From the book **The Psychology of Happiness**
Robert Elias Najemy

Available at Amazon.com and <http://HolisticHarmony.com/ebookscb/index.asp>

When we have decided to make an effort toward self-transformation or self-improvement, we might encounter various types of subconscious resistances. Understanding them might help us free ourselves from them and proceed more smoothly and effectively.

RESISTANCE TO DEVELOPMENT

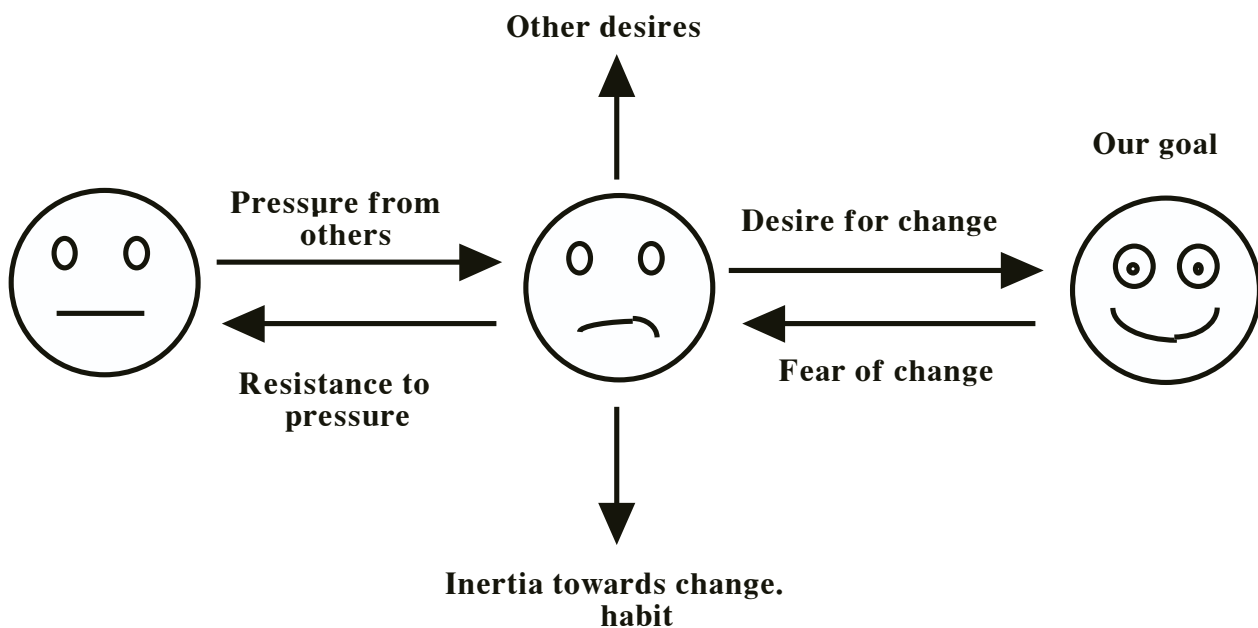


Diagram **RESISTANCE TO DEVELOPMENT**.

What are some of those resistances? Refer to figure **RESISTANCE TO DEVELOPMENT**.

1. Some of us may be caught up in **resistance toward what others would like from us**. We might have developed rebellious or antagonistic relationships with others, and become determined not to let them have their way or get what they want. Perhaps we do not want to allow them to believe they might be right about something they are asking us to do. Thus, even though we want to make a positive change in our lives, we subconsciously refuse to do so in order to make sure we don't give this satisfaction to someone who is trying to pressure us, change us, or who does not accept us as we are. In such cases, we might function in self-destructive ways. Many adolescents go through this stage, occasionally resorting to narcotics or other self-destructive lifestyles. I have seen persons refuse to finish one last course which they need in order to complete their university

diploma simply because they do not want to give that satisfaction to their parents who have “suppressed them or rejected them”, or as means of making a statement against the “system”. Some of us carry this obstacle of rebelliousness with us all the way to the grave.

In such a case, we must distinguish between **freedom** and **rebelliousness or reacting**. Rebelliousness or reacting is a form of programming in which we are forced to do the opposite of what others or sometimes even we ourselves want. **We are not free in such cases to do what is truly in our best interest**, but rather are forced by our programming to do the opposite of what is asked.

2. A second obstacle is the **inertia of habit**. We get locked into habits that then become our familiar reality. We become accustomed to this reality and feel safe in it even when it is painful or self-destructive. For many people, **familiar suffering and limitation are preferable to unfamiliar happiness and freedom**. Many of us prefer to stay in the narrow confines of the familiar and known, rather than risk the freedom of the unknown. Improvement and change mean moving beyond the known.

Also, these habits can engage our energy patterns in ways that control our minds without our conscious awareness. For example, we reach for food, a drink or a cigarette, turn on the TV, zap through the channels, pick up the phone and call someone, all mechanically without being conscious of what we are doing. We do not consider whether what we are doing is **actually beneficial for us** or even if it is **what we really want to do**. When the mind loses its ability to control these unconscious movements, we suffer from compulsive acts and thoughts. Such problems are seldom solved through analysis alone. They require a strong decision and a willingness to endure the pain of withdrawal symptoms by placing ourselves in a situation in which we simply **cannot get to what we mechanically desire**. Centers for detoxification offer such opportunities.

Twelve step groups consisting of people with similar addictions can also be very helpful. Being in the presence of those who have actually freed themselves from that particular habit, and also with those who still have the habit but have vowed to get free, is a very powerful support mechanism. Perhaps the first and most important step in this process is our ability to recognize that we are stuck and to admit that we have, until now, been incapable at overcoming it.

The third main door to freedom in such situations is **faith in God**. Developing a relationship with the Divine (each according to his own beliefs and perceptions) is a very powerful solution for transcending habits. This relationship offers us feelings of protection, support and love. We also sense a deep inner caring coming to us from this Universal Being, who will never betray us. This love relationship is our only lasting and invulnerable one. The security and self worth which we receive from this relationship will allow us to go beyond the needs that are at the root of our addictions.

Thus, if we are held back in our process by strong self-defeating habits, we would do well to complement our analysis with the following actions:

- a.** Find a place where we can live for a time without having access to our habits.
- b.** Seek membership in a group of people who are working on the same problem.
- c.** Develop our relationship with the Divine.

3. Conflicting desires and needs can be obstacles to change. We may have needs which conflict with our original goal of self-improvement.

For example, we may want to experience our own creative expression, but we might also fear that others would not accept us if we do so.

We might feel a need to have a relationship, and on the other hand, have a need to be free to do whatever we want whenever we want.

We may have the need to lose weight or create health, but also desire sweets and chocolates. These are conflicting needs that will have to be worked out through analysis and inner dialogue.

In such cases, we will need to analyze our conflicting “sub-personalities” and see what each part of ourselves actually needs and which beliefs create those needs.
We have the right to choose security and social recognition over our freedom and growth, if that is our choice.

4. We may have **fears** that may cause us to avoid change. Although we may desire to something better for ourselves, we might also fear we would lose something important if we change. The following chart points out a number of those reasons.

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**WHY IT MIGHT NOT PAY FOR ME TO
GET WELL OR TO SUCCEED,
OR TO BE WITHOUT A PROBLEM**

1. If I get well:

- a) They might not pay attention to me anymore. I might lose their attention and love.
- b) I will be expected to assume responsibility for my life (work, survival, etc.). I am incapable of doing that.
- c) It will be necessary to tire myself and I will lose my comforts.

2. I can control others though my illness:

- a) They must serve me.
- b) They must not make me worry.

3. Others are responsible for what happened to me.

- a) I have been treated unjustly, so others are unjust whereas I am justified, correct and good.
- b) This way I punish them with my illness. I make them feel guilty.

4. I am guilty and I don't deserve to be well. I must be punished; I must suffer.

5. Without my illness, I am not important or interesting enough.

6. If I admit to being happy or well, my contentment could be followed by something horrible.

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Just a few words about each of these, as they are most likely self explanatory to most readers.

a. Some of us have come to believe that **others will pay attention to us only if we have problems.** This may have actually been our experience until now. We may believe we have nothing else interesting about us, and thus fear we will not hold others' attention if we no longer have a problem. Thus, although we suffer from our problem, we are subconsciously afraid to let go of it. Do we really want others to be this person who others pity or want to save?

b. Some of us have come **to believe we are incapable of coping with life,** responsibilities or the rat race of survival. IN such a case we can use our “problem” as a subconscious excuse for not facing up to all this. In this way, others must protect and help us. If our problem is solved, we will then be forced to face life by ourselves, something we fear. This then will act as a subconscious obstacle to solving the problem.

c. When we are lazy, we might find that having a problem is a good excuse not to exhaust ourselves. Thus, although we may suffer and ask for help, we subconsciously prefer to have this problem which prevents others from asking much from us.

d. Some of us discover that **we can control others** when we have problems. Since we have a problem, others must treat us in a special way. They must not ask much of us. They must serve us and help us, try to solve our problems. In such a case, the only thing we need to do is hook up to someone who is playing the role of the savior or who feels responsible for others, and get them to try to solve our problems. We are then able to control them and consume their attention.

e. In the same situation, they also **must not worry us**. They must not ask much of us, or speak harshly to us, or ask us to carry our load. They must do what we ask and not cause us to feel hurt. They must never ask us to see ourselves because that might upset us. In such a case, why should we let go of our problem? It is our greatest "asset and protection."

f. Those of us who have come to identify with **the role of the abused, the martyr and the victim** need to keep our problem because our self worth is based on being wronged by someone, at least by life, if not by specific persons. Being wronged by others serves as verification that others who do us harm are wrong and evil, and that we ourselves are right and good.

As victims, we create a false sense of self-worth by being abused. If we have no other source of self-worth, then, although we may complain about the problem and how others are mistreating us, we subconsciously need this abuse in order to feel our self worth. Thus, we undermine any solutions. If asked to imagine that the problem has disappeared completely and that that others treat us, exactly as we desire, we will most likely feel an emptiness, depression or even panic.

g. Some of us **may use our own self-destruction to punish those whom we consider responsible for our pain**. For example, some children go into a mode of self-destruction as a form of blackmail, control and revenge towards their parents. As long as we are locked into this game of blaming others for our reality, we will feel the need to cling to our problems because they make others feel guilty. Solving our problems allows them to let go of their guilt, something we are not ready to allow.

h. Negative childhood experiences can create **the false belief that we are not worthy** and thus do not deserve a happy problem-free life. Although we want to create a happy reality, we fear we are not worthy of one, and thus subconsciously undermine our own attempts to create happiness because we do not believe we deserve it.

i. Our illness or problem may **become our life focus**, our connection with others. We have become that problem. If we do not have it, we do not know who we will be, what we will do, or how we will interact with others. We have no other frame of reference. Life without our problem is unfamiliar and scary.

In such a position, we frequently play the **"yes – but" game**, in which we present our problem to others, so they can get hooked into trying to find the solution. For every solution they suggest, we will have a very good answer as to why it will not work. They keep seeking the solution as we drain all their energy by monopolizing all their attention and effort. This is the way we energize ourselves.

This is why it is essential when others play this role that we leave the responsibility for the solution to them by simply asking questions which might help them decide what they want to do.

j. Those of us trapped in a belief system of clear cut opposites, such as good and evil, happiness and pain, success and failure, may **fear that allowing ourselves to accept that**

we are happy might attract evil. Those who believe in the “evil eye” will be more prone to such a problem of not being able to accept that everything is wonderful.

SETTING REASONABLE GOALS

We proceed more effectively when we can define specific goals in small reachable increments. One of the obstacles we encounter in our growth process, or in any endeavor, is that we perceive the problem or the goal as very large, complex or almost unattainable, and thus we discourage ourselves for getting started. We look to the top of the mountain and say, “It is too high. I will never be able to do it”, and make no effort.

An alternative would be to look at the **next step** up that mountain and say, “I can do that”, and take it”. Then we are confronted with the next step and again we realize that “ Yes, I can do that.” With perseverance and patience, we arrive at the top.

Of course, in order to specify what exactly the next step is, we will need to see the top of the mountain or at least know its direction. Thus, we occasionally reevaluate to determine in which direction we want to go, and then take the next step.

We can regularly redefine our goal or life purpose and take the next step toward fulfilling it. Then we watch for signs, such as coincidences or messages from within or without, concerning the next step. We continue moving forward until we come to the next crossroad, and the next question or choice comes to mind.

Having established our present goal, which might be material, physical, emotional, mental, social, economic, spiritual, etc., we then continue to determine as specifically as possible the steps we want to make **this week**, or at least this month, toward realization of that goal.

Some questions which might help us with this are:

1. "How would I express my goal at this point? What is it that I want to change, create, attain or transform first? What do I want to act on first?"

2. "Why have I chosen this? Why is it important for me? How do I hope to benefit from this change or effort? How is my life less pleasant by not making this effort?"

Establishing why we want to make these changes produces the awareness, motivation and momentum to develop the necessary discipline.

3. "How do I plan to start? What will be my first step?"

Here we want to reach as specific an answer as possible.

"I will begin to love myself more," is not a specific answer. More specific is, " I will offer myself a massage once a week."

" I will work on my relationship with my spouse (or child)," is not specific. More specific is, "I will arrange to have a deep discussion with my spouse (or child) this week in order to explain what I have discovered."

4. "When exactly will I do this and where? Can I be more specific about days or dates?"

Now we are being asked to commit ourselves to a more specific plan like, " I am free on Saturday morning. I will get my massage then, or I will arrange to have a discussion with my spouse (child) on Sunday morning."

Once we have clearly defined what we are going to do, it is much easier for us to proceed forward. We still may, however, be under the influences of various resistances that may undermine these decisions.

After a week or two, we will want to evaluate how our decisions went. If we discover we have not acted on them as of yet, we should avoid getting into the role of the teacher or parent and rejecting ourselves. We need only to seek to objectively answer these questions again.

1. Do I **want** to do it?

2. **Why** do I want to do it?
3. What are its **benefits** for me?
4. What is the **step** I want to take this week? Was the previous step perhaps too difficult? Would I like to start with something else and build up to that one, or will I work again on the same goal?
5. **When** and **where** will I take these actions?

This goes on week after week until we have accomplished our goal.

Then we ask these same questions about the next step. When we have not accomplished what we set out to do, we must simply work through it again with self-acceptance, patience, perseverance and determination.

If we see that the resistance perseveres, we may want to work with the following questionnaire, which will aid in revealing possible thought-forms that might be obstructing our process of growth.

DISCOVERING OUR RESISTANCE TO CHANGE

As you answer these questions, have in mind a particular positive change you want to make in your life, but have noticed that you actually are not doing what you could or would like to do in relationship to that change.

1. Is there a **part** of you which:
 - a) Doubts whether you have the ability to succeed in this effort? What does this part of yourself actually believe?
 - b) Doubts whether you have the right to create something better? Perhaps you believe that you do not deserve something better. Perhaps you have feelings of guilt, and believe you should not be happy. Perhaps you believe someone else will feel badly if you make this change in your life? What does this part of yourself actually believe?
2. Is there a **part** of you that **fears** if you make this change, something might be lost or put in danger?
 - a) Perhaps you fear that you will lose:
 - Your freedom,
 - Others' attention,
 - Their love,
 - Their protection,
 - Perhaps some rights,
 - Some pleasures or comforts, or
 - Some external form of support?
 - b) Is there a part of you which fears that, with such an improvement or success, you will then need to take responsibility for your life, and perhaps you may be unable to cope?
3. Is there a **part** of you which **prefers** not to change or for this problem not to be solved because in this way because:
 - a) You can keep others feeling responsible for you?
 - b) You can make them feel guilty?
 - c) You can punish them or have your revenge?
4. Is there a **part** of you that does not want this change because:
 - a) Others also want it and you do not want to give them the satisfaction?

b) It comes into conflict with other needs that you have. For example, the need to lose weight conflicts with the need to enjoy food or the need for a relationship conflicts with the need for freedom?

5. In relationship with the change you want to make:

a) What messages or examples did you have concerning that subject when you were young?

b) Did you, in general, receive what you wanted from your parents?

c) Did your parents have what you are now trying to create in your life with this change?

d) Do you believe you deserve this change?

e) Do you believe it is easy and natural for you to have what you want at this time, or is it difficult?

6. Based on your above analysis, what would you say are your inner obstacles towards making this particular positive change in your life?

7. What would you like to do in order to overcome these obstacles?

8. If at this moment, you had total self-confidence and self-acceptance:

a) What would you do that you have avoided doing until now?

b) What would you stop doing that you have been doing only because you do not have self-acceptance?

9. Finally, what are you going to do?

If you have discovered you have avoided employing the various exercises and techniques, or have avoided answering the questionnaires in this book or on the web site, you may want to benefit from them now.

Working on Goals with EFT

From the book Free to be Happy with Energy Psychology

<http://www.HolisticHarmony.com/ebookscb/index.asp>

It has been well documented that we can work on removing obstacles towards goals with EFT by tapping on and “collapsing” each particular obstacle towards those goals, as we become aware of them. We can also work generally on “possible obstacles” if we are not aware of what might be obstructing our success in this endeavor.

We might be talking about any goals on any level. Some examples might be:

1. Health
2. A harmonious love relationship

3. Financial security
 4. Professional satisfaction
 5. Dietary discipline
 6. Losing weight
 7. Self-acceptance
 8. Loving others as they are
 9. Athletic achievement
 10. Mental development
 11. Concentration
 12. Increased creative ability
 13. Learning a language
 14. Public speaking
 15. Happiness
 16. Peace
 17. Thought-free meditation
 18. Total honesty
 - 14.** Better grades at school
 - 15.** More effective communication
 - 16.** Overcoming the pain of the loss of a loved one.
- Many other possibilities _____

A. Focusing on our goal

We can start by making a list of our goals.

Some of my present goals are:

1. _____
2. _____
3. _____
4. _____
5. _____

The first goal I would like to work on is: _____

B. Now, we look for the possible obstacles

1. A good possible way to discover our specific obstacles is to do a relaxation technique and:

a. Think about the fact that we have not yet achieved our goal and discover **how we feel about not having done so yet**. If we find that we have negative emotions about not having succeeded yet, we will need to employ EFT for these emotions as described below in the section on becoming satisfied with ourselves as we are.

b. Then, we imagine ourselves **making the effort** towards that goal and see how we feel about making that effort. (Do we enjoy it, or do we feel suppressed, fearful or

discouraged? Do we feel that it is in vain to make this effort – because we will never succeed?)

If we find we have resistance towards this effort, then we will need to employ EFT for those emotions and beliefs, which make the effort itself difficult or unpleasant.

c. Now, we imagine ourselves having succeeded in this effort and see how we feel now that this is not an issue any more.

If we cannot even imagine ourselves successful, then we need to work on anything that might be obstructing that.

If, on the other hand, we can imagine success but feel that we are in some type of danger or might lose something else because of it, then we need to work on those emotions and beliefs, which subconsciously cause us to undermine our success. Refer to some of the possibilities mentioned below.

In our search for obstacles we may want to consider the following possibilities:

2. A part of me (perhaps subconsciously) might feel that in relation to this goal:

- a. I do **not deserve** to have it or fulfil this goal
- b. I **cannot have** or manifest this goal.
- c. I am **in some type of danger** if I fulfill this goal.
- d. I am **not capable** of fulfilling this goal.
- e. **Others do not** want me to have or fulfill it. I do not want to hurt them or come into conflict with them.
- f. I will **lose others' love** if I succeed or fulfill this goal.
- g. I will **not be a spiritual person** if I have this or fulfill this goal.
- h. I will **feel guilty** if I have this or fulfill this goal.
- i. I will **harm others** if I fulfill this goal.
- j. I **am guilty** and not worthy and I should not have or fulfill this goal.
- k. Since I have **not been able to have it until** now, then I will not be able to fulfill this goal.
- l. I will **lose my freedom** if I fulfill this goal.
- m. I will **lose my self-worth** if I succeed here.
- n. I might have to sacrifice some source of **security** in order to fulfill this goal.
- o. I might give **satisfaction to others** - something which I do not want to do.
- p. The others might **cease feeling guilty** about me.
- q. I might **lose my control** over others.
- r. My **other desires will be unfulfilled** if I have or fulfill this goal.
- s. The effort to achieve this goal will be **painful or unpleasant**.
- t. I do not have the necessary **discipline** to manifest this goal.
- u. Other _____

3. Is there perhaps a part of me which is **getting something from the role of being the victim** or the “poor me” and thus subconsciously:

- a. Feels that things should not go well for me.
- b. I must experience injustice, failures and problems.

4. Are there possibly **childhood experiences** concerning this goal?

- a. What did you hear from your environment about this particular goal? Is it easy, difficult, good, bad, right, wrong, for your family?
- b. Did others in your childhood environment achieve this goal? Do you have a prototype for success at this?
- c. What were **others'** perceptions of you as a child? (In regard to this issue or success, ability or self-worth in general)
- d. What was your **own** perception of yourself as a child? (In regard to this issue or success, ability or self-worth in general)
- e. Did anything else happen in your childhood years that might affect your perception of this issue?

5. **How do you imagine those important to you will feel** if you succeed or fail at this? How do you feel about how they might feel?

6. Do you perhaps have some type of **inner conflict** about this?

C. Here we list our obstacles

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

The Generalization Effect

This is a concept developed by Gary Craig, which explains a phenomenon we observe when working on any goal towards which we have some inner obstacles. Gary uses the metaphor of a forest in which we cannot see clearly because of all the trees. Each tree represents one obstacle or aspect that needs to be dealt with. We cannot cut them down all at once. By cutting them down one at a time we can begin to gradually clear the forest so that our perception becomes clearer. At some point in a miraculous way, all the trees seem to disappear as if we have addressed a common root system which brings them all down. We are then free to manifest that goal such as a steady and unshakable feeling of self-esteem regardless of what is happening around us.

When sharing Gary's metaphor in a seminar setting one woman took exception to it, because she would prefer that we do not cut down trees. So I now use the following metaphor. We each live in a prison the bars of which are our various fears, beliefs, thoughts, expectations, superstitions and other emotions. When imprisoned by these limiting aspects of our mental and emotional being, we are not able to experience the inner states we desire (such as peace, self-esteem, self-confidence, love, happiness) or manifest goals such as economic or professional success or harmonious relationships.

Our first step as described in this chapter is to recognize what these bars are made up of. That is which emotions and or beliefs are obstructing our progress or inner state. These are the bars that need to be cut with the saw of EFT. When we have removed enough bars we begin to have enough space to move out

of the prison, at least in some particular directions. After some time it seems that since we are able to move out of the prison all the other bars are irrelevant and have no hold over us. They are meaningless.

Chose whichever metaphor suits you. The message is that if we have 100 obstacles or aspects impeding our desired inner state or external goal, it is very likely that we will succeed after having performed EFT on only 10 to 20 of them.

Thus in the following chapter, we are presenting methods for recognizing the trees or bars and removing them for greater peace, health and happiness.

D. We employ EFT on each obstacle separately

1. For emotions we have concerning the **fact that we have not yet succeed.** (Perhaps shame, failure, self-rejection, disappointment, injustice or anger etc.)

A.1. Even though I feel _____ about the fact that I have not yet been able to _____, I deeply and profoundly love myself.

or

A.2. Even though until now I have felt _____ about the fact that I have not yet been able to _____, I am now actualizing (succeeding, manifesting) it.

B. I chose (want, deserve, realize that it is in my benefit) to be free of this _____ (emotion)

C. Reminder phrase: (The emotion) _____ concerning _____ (fact of not having yet succeeded)

2. Concerning our ability to manifest this goal.

There will be times when we have discovered specific obstacles and will word our phrases according to those specific obstacles.

At other times we will not know exactly what is preventing our success. In such cases we can work with phrase “**this resistance**” or “**this possible resistance**”. Obviously in such a case we will not be able to evaluate the SUD, as we can when we have found specific emotion or belief obstructing our progress.

Thus when working with general - unknown forms or resistance- we should do around **three rounds a day** until we get results.

It is also very likely that while working on the general “suspected” obstacle, that we will then become aware of the specific emotions and beliefs that are obstructing us and will be able to work on them directly now with a specific SUD and get clearer results.

We would best work with the obstacles towards **making the effort** first and then towards **accepting success**.

There may be times when we will first need to remove the resistance towards the success before we can remove the obstacles towards the effort. Experiment and see which SUD is higher and work on that first.

We must also remember to use the phrases below frequently throughout the day for **correcting possible psychological reversal** even when not doing full rounds.

A.1. Even though I have not yet _____. I deeply and profoundly love and accept myself
Or

A.2. Even though it seems that I have some (this) obstacle towards _____, I deeply and profoundly love and accept myself

A.3. Even though I have not yet _____, I am now actualizing (succeeding, manifesting) it.

A.4. Even though I have this _____ (specific obstacle) towards _____, I deeply and profoundly love and accept myself

A.5. Even though I have this _____ (specific obstacle) towards _____, I am now actualizing (succeeding at, manifesting) it.

A.6. Even though I have this resistance towards making an effort towards _____. I deeply and profoundly love and accept myself.

A.7. Even though until now I have had this resistance towards making an effort towards _____. I am now enjoying directing my energy towards that which I really want.

B. I choose (want, deserve, accept) to now create _____ (the goal or make this effort – depending on the resistance).

C. Reminder phrase: (The goal) (or obstacle to the goal)

Intention - Practice - Sacrifice - Perseverance - Patience - Detachment

Working towards goals often requires these qualities:

1. Intention and Concentration on our goals means that we focus on them clearly and intensely (Without anxiety but with confidence that we will manifest them) and direct our energy, time, money and intelligence towards them.

2. Practice of EFT and all other techniques towards removing all internal and external obstacles.

3. Conscious Sacrifice in which we willingly, intelligently and lovingly sacrifice other possibly conflicting needs in order to achieve our goals.

4. Perseverance in our efforts towards those goals and in removing all obstacles.

5. Patience for the results to come.

6. Detachment from the results of our efforts and **faith** that the result will be whatever is best for our evolutionary process.

May you succeed in all of your goals.

Support materials

1. Free Audio clips with Lectures and relaxation techniques:

<http://www.HolisticHarmony.com/audioclips/index.asp>

2. Free Articles on health, happiness, relationships, communication, etc.:

<http://www.HolisticHarmony.com/ezines/index.asp>

3. Books and ebooks at:

<http://www.HolisticHarmony.com/ebookscb/index.asp>

4. Learn About Energy Psychology at:

<http://www.HolisticHarmony.com/eft/index.asp>

5. Become Trained as a Life Coach over the internet at:

<http://www.HolisticHarmony.com/introholisticcoach.asp>

6. Free Teleclasses and lectures as audio files:

<http://www.HolisticHarmony.com/teleclasses/index.asp>

7. Free email courses

<http://www.HolisticHarmony.com/courses/index.asp>

8. Nine New Coaching Tools

<http://www.HolisticHarmony.com/coachquestions/index.asp>

9. Free Biweekly ezine "Clarity"

<http://www.HolisticHarmony.com>

More about life coaching at:

<http://www.HolisticHarmony.com/introholisticcoach.asp>

<http://www.HolisticHarmony.com/coachquestions/index.asp>