



CHAPTER ONE



Rewriting your story

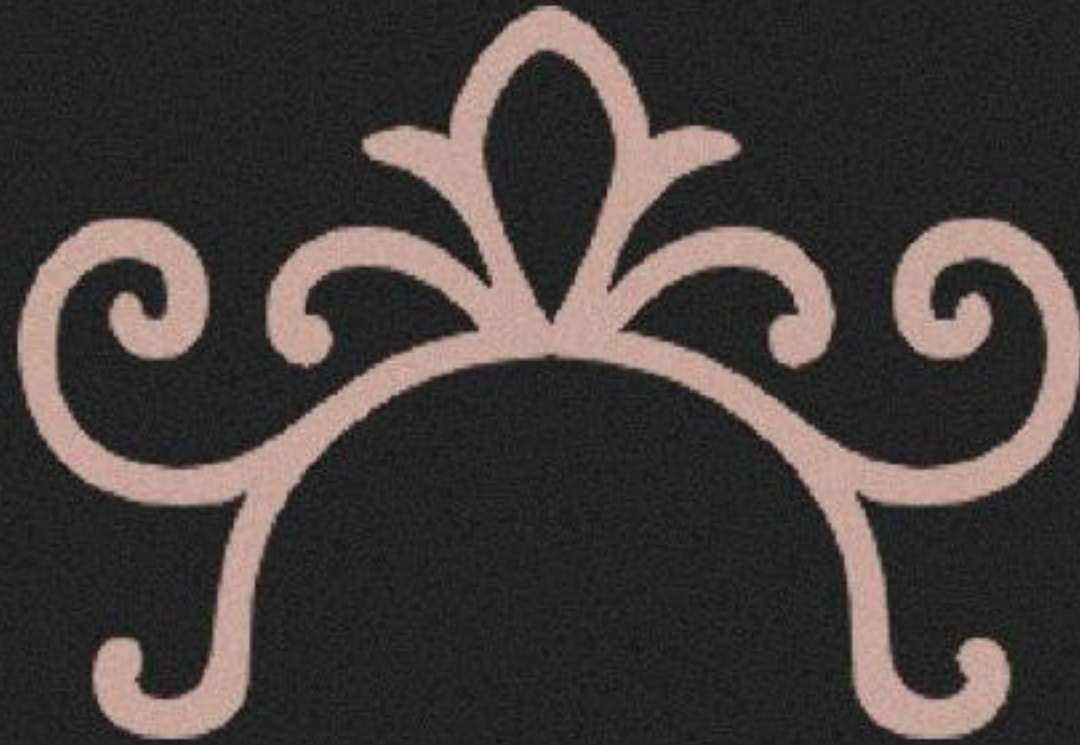


Chapter Summary

In this chapter, Brianna Wiest explores the intricate relationship between emotional intelligence and self-sabotage. She stresses that low emotional intelligence feeds into self-destructive behaviors, making it crucial to understand and process emotions accurately. The chapter highlights how the brain is designed to resist what we genuinely desire, leading to a cycle of wanting but never achieving. Additionally, Wiest discusses the phenomenon of adjustment shock, which occurs even after positive changes, and the importance of microshifts in achieving lasting transformation. Ultimately, overcoming self-sabotage requires a deep understanding of oneself and an intentional approach to rewiring one's narrative.



Understanding Emotional Intelligence's Role



Emotional intelligence is pivotal in breaking free from self-sabotage. It involves recognizing and interpreting our emotions accurately, which is essential for personal growth. By understanding our emotional landscape, we can better navigate life's challenges and avoid destructive patterns.

The Brain's Resistance to Desire

Our brains are wired to resist what we truly want, leading us to sabotage our own success. This resistance stems from an ingrained belief that achieving our desires will be daunting or unattainable. Recognizing this can help us challenge these limiting beliefs.

The Illusion of Arrival

Many believe that reaching their goals will bring lasting satisfaction. However, often the goal itself leads to new desires and challenges, perpetuating a cycle of wanting without fulfillment. Embracing the journey rather than the destination is essential.

The Power of Microshifts

Transformation occurs not in grand gestures, but through microshifts—small, deliberate changes in our daily habits. These minor adjustments pave the way for profound, lasting change over time. Consistency is key in developing healthier routines.



Navigating Adjustment Shock

Even positive changes can trigger anxiety and discomfort, known as adjustment shock. This paradox occurs because new beginnings disrupt familiar patterns, leading to emotional turmoil. Recognizing this can help us better adapt to change.

The Role of Fear in Success

Fear often drives self-sabotaging behaviors, as we become anxious about losing what we've gained. Learning to manage this fear and embrace new experiences is crucial for personal development. It's about navigating through discomfort to reach stability.

Embracing Reality Over Psychic Thinking

Psychic thinking can distort our perceptions of reality, leading to unnecessary anxiety and fear. It's important to ground ourselves in the present and manage expectations realistically. Recognizing the cognitive biases at play can help us reconnect with our true selves.

"Psychic thinking detaches us from reality."

Confirmation Bias and Self-Perception

Our brains filter information to support our existing beliefs, perpetuating biases that inform our self-perception and reality. Challenging these biases is crucial for personal growth. By seeking diverse perspectives, we can reshape our narrative for the better.

"Our brains literally seek out information that supports what we want to think."

The Importance of Resilience



Adversity is integral to growth; it strengthens our resolve and creativity. By embracing challenges, we can learn, evolve, and ultimately thrive. Resilience is not just about surviving but thriving amid obstacles.

Rewriting Your Narrative



Change is possible when we take conscious steps to rewrite our story. Acknowledging our fears, desires, and biases allows us to reshape our lives intentionally. With perseverance and clarity, we can break free from the chains of self-sabotage.



Recap

- "Self-sabotage is ultimately just a product of low emotional intelligence."
- "When we get what we really want, we just start to want more."
- "Anything that is new, even if it is good, will feel uncomfortable until it is also familiar."
- "We often resist the things that we want most."
- "Psychic thinking detaches us from reality."



Thank You

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