

THE
MOUNTAIN
IS
YOU

TRANSFORMING SELF-SABOTAGE
INTO SELF-MASTERY

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- Group 4: The Classified



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aries, getting “caught,” or being wrongly accused.

These beliefs become attachments over time.

For most people, the abstract fear is really a representation of a legitimate fear. Because it would be too scary to actually dwell on the real fear, we project those feelings onto issues or circumstances that are less likely to occur. If the situation has an extremely low likelihood of becoming reality, it therefore becomes a “safe” thing to worry about, because subconsciously, we already know it isn’t going to happen. Therefore, we have an avenue to express our feelings without actually endangering ourselves.

For example, if you are someone who is deeply afraid of being a passenger in a car, maybe your real fear is the loss of control or the idea that someone or something else is controlling your life. Perhaps the fear is of “moving forward,” and the moving car is simply a representation of that.

If you were aware of the real issue, you could begin working to resolve it, perhaps by identifying the ways you are giving up your power or being too passive. However, if you aren’t aware of the real problem, you’ll continue to spend your time trying to convince yourself to not be triggered and anxious while riding in the car and find that it only gets worse.

If you try to fix the problem on the surface, you will always come up against a wall. This is because you’re trying to rip off a Band-Aid before you have a strategy to heal the wound.

SELF-SABOTAGE COMES FROM UNCONSCIOUS, NEGATIVE ASSOCIATIONS

Self-sabotage is also one of the first signs that your inner narrative is outdated, limiting, or simply incorrect.

Your life is defined not only by what you think about it, but also what you think of yourself. Your self-concept is an idea that you have spent your whole life building. It was created by piecing together inputs and influences from those around you: what your parents believed, what your peers thought, what became self-evident through personal ex-

Remaining attached to your old life is the first and final act of self-sabotage, and releasing it is what we must prepare for to truly be willing to see real change.

PERFECTIONISM

When we expect that our work must be perfect the first time we do it, we end up getting into a cycle of perfectionism.

Perfectionism isn't actually wanting everything to be right. It's not a good thing. In fact, it is a hindering thing, because it sets up unrealistic expectations about what we are capable of or what the outcomes of our lives could be.

Perfectionism holds us back from showing up and trying, or really doing the important work of our lives. This happens because when we are afraid of failing, or feeling vulnerable, or not being as good as we want others to think we are, we end up avoiding the work that is required to actually become that good. We sabotage ourselves because it is the willingness to show up and simply *do it*, again and again and again, that ultimately brings us to a place of mastery.

HOW TO RESOLVE THIS

Don't worry about doing it well; just do it.

Don't worry about writing a bestseller, just write. Don't worry about making a Grammy-winning hit, just make music. Don't worry about failing, just keep showing up and trying. At first, all that matters is that you *do* what you really want to do. From there, you can learn from your mistakes and over time get to the place where you really want to be.

The truth is that we actually do not accomplish great feats when we are anxious about whether or not what we do will indeed be something impressive and world-changing. We accomplish these sorts of things when we simply show up and allow ourselves to create something meaningful and important to us.

Instead of perfection, focus on progress. Instead of having something done perfectly, focus on just getting it done. From there, you can edit, build, grow, and develop it to exactly what your vision is. But if you don't get started, you'll never arrive.

LIMITED EMOTIONAL PROCESSING SKILLS

The fear of failing is often something that holds people back from putting in the work they would need to become truly great at something, but it can also take another, more insidious form. Once we have established something new in our lives, this fear can come up as a constant irrational worry that we're "missing something," that our partner is being unfaithful, or that we're one misstep away from losing it all.

These catastrophic thoughts happen when we want to shield ourselves from potential loss. They only come up when we finally have something we care enough about and really want to keep.

HOW TO RESOLVE THIS

There is a difference between failing because you are trying something new and daring, and failing because you are *not* showing up, doing the work, or being responsible for your actions.

These are two very different experiences and should be separated in your mind.

As scary as it might be to not be great at something initially, or perhaps even experience a loss, it is even worse to fail by virtue of never trying and always playing small. Failure is inevitable, but you have to make sure it's happening for the right reasons.

When we fail out of negligence, we take a step back. When we fail because we are attempting new feats, we take one step closer to what will work.

DOWNPLAYING

When we downplay our successes in life, we are either trying to make ourselves seem less impressive so others do not feel threatened and therefore like us more, or we are trying to avoid the sense that we have "made it," because we are afraid of peaking.

Though so many of us long for the moment when we feel as though we have finally arrived and achieved the measures of success we so deeply desire, we often receive them only to then feel as though they aren't that great, impressive, or that they don't make us feel as good as we thought they would.

Your subconscious commitments are basically what you want more than anything else, and you often aren't even aware of them. You can identify your core commitments by looking at the things that you struggle with most and the things you are most driven by. If you can peel back the layers of your motivations toward each, you'll find a root cause. When you find the same root cause for everything, you've found a core commitment.

People only seem irrational and unpredictable until you understand what they are fundamentally committed to.

For example, if someone has a core commitment to feel free, they may find themselves sabotaging work opportunities in order to achieve that. If someone's core commitment is to feel wanted, they could find themselves in a series of relationships in which they have intense connections but refuse to make commitments out of fear that the spark will "fade." If someone's core commitment is to be in control of their lives, they might have irrational anxiety about things that *represent* a loss of control. If someone's core commitment is to be loved by others, they might pretend to be helpless in certain areas of life because if they don't *need* others, they might be *left* by them.

But the most important thing to understand is that your core commitments are actually a cover-up for core needs. Your core need is the opposite of your core commitment. Your core need is also another way to identify your *purpose*. For example, if your subconscious core commitment is to be in control, your core need is trust. If your subconscious core commitment is to be needed, your core need is to know you are wanted. If your subconscious core commitment is to be loved by others, your need is self-love.

The less that you feed your core need, the "louder" your core commitment symptoms will be.

If you are a person who needs trust and is therefore committed to staying in control, the less that you believe you are supported, the more your negative coping mechanisms are going to flare up. Perhaps this could happen in the form of disruptive eating patterns,

Sadness only becomes problematic when we do not allow ourselves to go through the natural phases of grief. Sadness does not release itself all at once. In fact, we often find that it happens in waves, some of which strike us at unexpected times.

We do not ever need to feel embarrassed or wrong for needing to cry, feel down, or miss what we no longer have. In fact, crying at appropriate times is one of the biggest signs of mental strength, as people who are struggling often find it difficult to release their feelings and be vulnerable.

GUILT

Guilt tends to affect us more for what we *didn't* do than what we did. In fact, people who struggle the most with guilt are the people who are not actually guilty of something terrible. People who commit heinous acts tend to not feel much remorse. The fact that you feel bad that you could have done wrong by someone is a good sign in itself.

However, guilt requires us to look deeply at what behaviors, if any, we feel badly about, as well as what we may have done that was not in our best interest. If we have treated others unfairly, we must be able to admit, apologize, and correct that behavior. However, if the feeling of guilt is more generalized and not specifically relating to any one incident, we need to look closely at who or what made us always feel as though we were “wrong” or inconveniencing others.

Guilt is often an emotion we carry from childhood and then project onto current circumstances when we felt as though we were burdens to those around us.

EMBARRASSMENT

Embarrassment is what we feel when we know that we did not behave in a way that we are proud of.

Other people can never make us feel as embarrassed as we make ourselves feel. When you are truly and completely confident that you are doing the best you can with what you have in front of you, you stop feeling embarrassed all the time. Sure, others can make you feel

a new life or identity. If you are overspending or spending outside of your means on a regular basis to the point that it is detrimental to you, you need to look at what function buying or shopping serves. Is it a distraction, a replacement for a hobby, or an addiction to the feeling of being “renewed” in some way? Determine what your needs really are, and then go from there.

THE WAY YOU ARE SELF-SABOTAGING: Dwelling on past relationships or continually checking up on exes.

WHAT YOUR SUBCONSCIOUS MIND MIGHT WANT YOU TO KNOW: This relationship affected you more than you are letting yourself believe. The ending hurt you more than you acknowledged, and you need to process that. Your continued interest in this person means there’s something about the relationship that is still unresolved, and it is probably some kind of closure or acceptance that you need to find for yourself.

THE WAY YOU ARE SELF-SABOTAGING: Choosing friends who always make you feel like you’re in competition with them.

WHAT YOUR SUBCONSCIOUS MIND MIGHT WANT YOU TO KNOW: Wanting to feel “better” than people is not a replacement for needing to feel connected to them, but that’s often how we use it. We do this not because we actually want to be superior, but because we want to seem valuable and valued. What we want is authentic connection and to feel important to others, but making them feel inferior is not the way to accomplish it.

THE WAY YOU ARE SELF-SABOTAGING: Having self-defeating thoughts that hold you back from doing what you want.

WHAT YOUR SUBCONSCIOUS MIND MIGHT WANT YOU TO KNOW: Being mean to yourself first will not make it hurt less if other people judge or reject you, though that is why you are using this defense mechanism. Thinking the worst of yourself is a way of trying to numb yourself to what you really fear, which is that someone else could say those things about you. What you don’t realize is that you’re acting as your own bully and enemy by doing it to yourself. What could someone else’s judgment realistically do to your life? Honestly, it could stop you from pursuing your dreams, ambitions, and personal happiness. And that’s exactly what you’re doing when you stay fixated on those damaging ideas.

ious. Panic is the emotion you experience when you don't know what to do with a feeling. It is what happens when you have an invasive thought.

- Intuitive thoughts open your mind to other possibilities; invasive thoughts close your heart and make you feel stuck or condemned.
- Intuitive thoughts come from the perspective of your best self; invasive thoughts come from the perspective of your most fearful, small self.
- Intuitive thoughts solve problems; invasive thoughts create them.
- Intuitive thoughts help you help others; invasive thoughts tend to create a "me vs. them" mentality.
- Intuitive thoughts help you understand what you're thinking and feeling; invasive thoughts assume what other people are thinking and feeling.
- Intuitive thoughts are rational; invasive thoughts are irrational.
- Intuitive thoughts come from a deeper place within you and give you a resounding feeling deep in your gut; invasive thoughts keep you stuck in your head and give you a panicked feeling.
- Intuitive thoughts show you how to respond; invasive thoughts demand that you react.

HOW TO START TRULY MEETING YOUR NEEDS

Though the term self-care has become an umbrella term that more often refers to behaviors that distract one from the actual problem at hand rather than really taking action to fix the problem at hand, actual self-care is the most fundamental aspect of meeting your own needs.

Aside from your own basic security, your needs are to be nourished, to sleep well, to live in a clean environment, to dress appropriately, and to allow yourself to feel what you feel without judgment or

are the “clicking” moments, the moments when you finally understand advice you’ve heard your entire life. The moments when you’ve habituated yourself to a pattern of behavior for long enough that it becomes instinctive.

A mind-blowing, singular breakthrough is not what changes your life. A microshift is.

Breakthroughs are what happen after hours, days, and years of the same mundane, monotonous work.

But a mind-blowing, singular breakthrough is not what changes your life. A microshift is.

As writer and media strategist Ryan Holiday has noted, epiphanies are not life-altering.² It’s not radical moments of action that give us long-lasting, permeating change—it’s the restructuring of our habits. The idea is what science philosopher Thomas Kuhn dubbed a “paradigm shift.” Kuhn suggested we don’t change our lives in flashes of brilliance, but through a slow process in which assumptions unravel and require new explanations. It’s in these periods of flux that microshifts happen and breakthrough-level change begins to take shape.

Think of microshifts as tiny increments of change in your day-to-day life. A microshift is changing what you eat for one part of one meal just one time. Then it’s doing that a second time and a third. Before you even realize what’s happening, you’ve adopted a pattern of behavior.

What you do every single day accounts for the quality of your life and the degree of your success. It’s not whether you “feel” like putting in the work, but whether or not you do it regardless.

This is because the outcomes of life are not governed by passion; they are governed by principle.

You may not think what you did this morning was important, but it was. You may not think that the little things add up, but they do. Consider the age-old brainteaser: Would you rather have \$1 million in hand today or a penny that doubles in value every day for the next

prophecy. If we are so easily defeated and exhausted by the idea that we will never get over our problems, then we make it more likely that we will hang onto them instead of logically trying to resolve them, for a lot more time than is necessary.

SPOTLIGHTING

Everyone thinks that the world revolves around them. You are thinking about you and your own interests all day, every day. It can be challenging to forget that others are not thinking about us with such intensity; they are thinking about themselves.

The spotlight effect is what happens when we imagine that our lives are performative, or “on display” for others to consume. We remember the last two or three embarrassing things we have done and imagine that others are thinking about them actively as well. Can you recall the last two or three embarrassing things someone else did? Of course you can’t. Because you aren’t paying attention.

Spotlighting gives us the false impression that the world is all about us, when it is not.

These biases plus others, when combined with psychic thinking, or the idea that our assumptions and feelings about the world will transpose into reality, are harmful and mostly incorrect. Instead of trying to predict what will happen next, our energy is better used when it’s focused intently on the moment—the infinite “now,” the mystics would say—because the truth is that the past and future are illusions in the present, and all we have is the present.

Instead of trying to use your intelligence to hack what’s next, try to get better at where you are currently. That’s what’s really going to change the outcomes of your life.

LOGICAL LAPSES ARE GIVING YOU PROFOUND ANXIETY

Most of the anxiety you experience in life is the result in inefficient critical-thinking skills. You might assume that because you are anxious, you are an overthinker, someone who obsesses about unlikely and scary outcomes more than is reasonable. The reality is that you are an under-thinker. You’re missing a part of your reasoning

⁷ Lieberman, Daniel Z.; Long, Michael E. *The Molecule of More: How a Single Chemical in Your Brain Drives Love, Sex, and Creativity--And Will Determine the Fate of the Human Race*. Dallas: BenBella Books, 2018.

⁸ Tracy, Brian. "The Role Your Subconscious Mind Plays In Your Everyday Life," briantracy.com, 2019.

⁹ Holiday, Ryan. "Sorry, An Epiphany Isn't What's Going To Change Your Life." ryanholiday.net, 2016.

¹⁰ Sims, Stacy T., Ph.D. "The 3 Body Types: Explained." *Runner's World*, 2016.
<https://www.runnersworld.com/health-injuries/a20818211/the-3-body-types-explained>

¹¹ Taylor, Christa. "Creativity and Mood Disorder: A Systematic Review and Meta-Analysis." *Perspectives on Psychological Science*, 2017.

want to. You change your life when you are principled about money and love and relationships, when you treat strangers as well as you do your CEO, and when you manage \$1,000 the same way you would \$10,000.

You change your life when you start doing the truly scary thing, which is showing up exactly as you are.

Most of the problems that exist in our lives are distractions from the real problem, which is that we are not comfortable in the present moment, as we are, here and now.

So we must heal that first. We must address that initially. Because everything else builds from it.

We must be brave and confront our discomfort, sit with it even if it churns our stomachs and pinches our faces and makes us certain we will never find a way out. (We will.)

We must listen to what's wrong, feel it, move through it, allow it to be.

The truth is that this discomfort is the true problem, and we are running around trying to fix one thing after another because those are all just symptoms.

If we become okay with money, we're onto our bodies. If we're okay with our bodies, we're onto our relationships. Once we master all the things we care about, we start at the beginning, we try to level up, to change, to fix, to identify a problem that is any problem but the actual problem at hand.

When you start showing up as exactly who you are, you start radically changing your life.

You start receiving authentic love. You start doing your best and most profitable and effortless work. You start laughing; you start enjoying things again. You start realizing that you just needed anything to project all this fear onto, so you chose the most vulnerable and common issues in life.

When you start showing up exactly as you are, you cut the bullshit.

You declare to the world that you will not only love yourself when it

Which muscles express which emotion? Well, it depends.

We have a lot of language that clues us into where we have physical reactions to emotions. We often feel fear in our stomachs (think of a nervous stomach, or a “gut instinct”) and heartache in our chests (that’s where the whole “broken heart” thing comes from), stress and anxiety in our shoulders (think of the “weight of the world on your shoulders”), and relationship problems in the neck (think “they are a pain in the neck”).

But it actually goes even deeper than this. Let’s say that someone did something to you that crossed a boundary, and your instinct was to yell at them. However, because you understood it was not effective to literally scream, you held back. Though this may have been the right thing to do in the moment, your body may be storing residual tension in the neck or throat area. In other cases, people can experience psychosomatic effects of their emotions that are a bit more abstract, such as pain in their knees or feet when they are traumatized by “moving forward” in their lives, and so on.

The truth is that our bodies are speaking to us in voiceless symbols. If we can learn to interpret what they are saying, we can heal ourselves in an entirely new way.

So you know that emotions sometimes get stored in your body when they are not fully expressed. Be this as it is, how do we begin to flush ourselves from them?

There are a number of strategies that you can use to do this, and what matters is that it’s effective for you. There is no one-size-fits-all, but there are a few options that tend to work well for most people, particularly when they are used in tandem.

STOP MEDITATING TO FEEL CALM; START MEDITATION TO JUST **FEEL**.

I know that this goes against everything you’ve ever heard about meditation. But it is actually the point of meditation. If you sit down for a 10-minute session and try to force yourself to be relaxed and light, you are effectively doing the exact same type of suppression that likely gave you the need to meditate in the first place.

Instead, the point of meditation is to sit idly as you experience all of

But mostly, this is about you recognizing that you were not your best self before.

You didn't behave the way you wish you would have.

You didn't do what you should have.

You weren't what you hoped you'd be.

Whenever we want desperately to prove someone else wrong, we are really trying to quell our own lingering disappointment that we didn't live up to our own expectations.

So remember this: The next time you're trying to craft a glow up story that is compelling to others, ask yourself why you are still waiting for their approval.

The answer, almost always, is that you still do not have your own.

Once you have a clearer image of what your most powerful self is like, you then need to evaluate what habits, traits, and behaviors are actively holding you back from fully embodying that person.

BE AWARE OF YOUR WEAKNESSES

Powerful people are not delusional. They do not believe they are perfect all the time at everything. This is not what makes them mentally strong. Instead, powerful people are very aware of their varying strengths and weaknesses.

In business, powerful people will often outsource the tasks at which they are less skilled. In life, powerful people know where their limits are and what their triggers might be. This allows them to move through their lives with more ease and to give themselves the time and space needed to work on their faults.

The ability to say to yourself: “I know I struggle a lot with this, so I’m going to take my time and work on it” is one of the most powerful things you can do.

BE WILLING TO BE DISLIKED

Powerful people are not the ones who are most universally liked.

They are also not the ones vying for others’ approval, and that’s the key.

To be a truly powerful person, you must be willing to be disliked. This is not to say that you behave in any way that’s malicious, but it is to say that no matter what you do, others are going to judge you. Powerful people know this. There is no path in life that you can take that will be free of resistance from others, and so it is important that you not only become okay with being disliked, but you anticipate it and act anyway.

ACT ON PURPOSE

Powerful and purposeful are one in the same.

To be a truly powerful person, you need to have complete, unwavering conviction about what you want to create. To do this, you have to shift from a “live for the moment” to a “live for the legacy” mindset.

Your purpose is a dynamic, evolving thing. Most of the time, it is at the

make a big difference. But 20 years will, to an even more significant margin.

The point of having principles is that it shifts you from short-term survival to long-term thriving.

Most things in our lives are governed by principles. Stephen Covey explains this well: Principles are a natural law like gravity. It's different than a value. Values are subjective; principles are objective.¹⁷ "We control our actions, but the consequences that flow from those actions are controlled by principles," he says.

This means that if we are committed to the principle of eating good food each day, we will inevitably reap the benefit of better or improved health. If we write a sentence each day for many, many years, we will inevitably write a larger piece of work. If we commit to paying off a portion of our debts each month, we will inevitably clear our balance. If we invest consistently and wisely, we will eventually see a return.

Our lives are governed by principles, as Benjamin Hardy explains: "Most people cram for tests while in college. But can you cram if you're a farmer? Can you forget to plant in the spring, slack-off all summer, and then work hard during the fall? Of course not. A farm is a natural system governed by principles."¹⁸

So are you.

"The law of the harvest is always in effect. What you plant, you must harvest. Furthermore, what you plant consistently over time eventually yields a compounded or exponential harvest. You often don't experience the consequences of your actions immediately, which can be deceiving. If you smoked one cigarette, you probably wouldn't get cancer. If you spent \$10 on coffee just one day, it probably wouldn't affect your financial life. However, over time, these habits have drastic outcomes. It turns out that \$10 daily over 50 years at 5% compounding interest becomes \$816,000."¹⁹

When you make an investment, you don't expect to see a return that day. In the same way, you can go to sleep feeling accomplished

and they have an emotional outburst that they cannot control.

Therapy generally aims to help patients no longer suppress how they feel. Instead, they are encouraged to recognize those emotions but choose how they respond to them.

In the healing process, suppressing and controlling can seem like a fine line.

When someone cuts you off in traffic and you choose not to yell out your window, are you suppressing how you feel or controlling it? If your partner says yet another idiotic thing and you choose not to respond to it, are you suppressing how you feel or controlling it? If your coworker aggravates you consistently about a project and you choose not to say anything, are you suppressing how you feel or controlling it?

SUPPRESSING IS UNCONSCIOUS; CONTROLLING IS CONSCIOUS.

Suppressed emotions function similarly to unconscious biases. One such type of bias is confirmation bias, wherein your brain sorts through stimuli to bring your attention to facts or experiences that support what you already believe. Though you're not aware of the bias, it's still affecting you.

On the other hand, controlling your emotions involves becoming more conscious of how you feel. You are aware that you are angry, sad, or aggrieved, but you are choosing what you do about it. It is not really that you are controlling your emotions, but your behavior.

When you are suppressing your emotions, you don't know how you feel and your behavior seems out of control. When you're controlling your emotions, you do know how you feel, and your behavior seems within your control.

The answer is that when you're in traffic, or in an argument, or dealing with a difficult coworker, you should be aware of how you feel but still in control of how you respond. Emotions are temporary, but behaviors are permanent. You are always responsible for how you choose to act.

We often think that the measure of physical strength is how much