Let’s say you’re stuck in traffic. Being in gridlock, at that moment, is your is-ness. Of course, you don’t prefer to be stuck in traffic, but that is how it is. You have two choices: you can moan and complain about it (resist your is-ness) or you can surrender (make is-ness your business) and enjoy it. Enjoying it may look like listening to the radio and rocking it out to your favorite tunes (what I affectionately call car dancing), listening to educational or personal development CDs

Investigate your Thinking Problem

The first step in kicking a drinking problem is to admit you have one. So the first step in kicking our thinking problem is to admit we have one. It’s been said humans have approximately fifty to sixty thousand thoughts per day and 95% of those thoughts are the same ones we had yesterday. This means, unconsciously, we’re all feeding ourselves the same inaccurate information over and over again. No wonder nothing ever seems to change.

The way out is through awareness. Be willing to investigate how your mind and belief system are currently configured. Take a look at what you believe and why you believe it in the first place. As yourself, “Who put that thought there?” “Who said so?” “Is it serving me?” Much of what we believe to be true is simply an old collection of thoughts put together by a younger, less experienced version of ourselves.

(“I’m not pretty/skinny/talented/smart/funny enough.”

It’s during times of disappointment we make decisions in our minds limiting what is possible for us in the future. Much like an old computer, our minds have outdated software. Investigating our thinking problems is akin to getting a much-needed software upgrade.

*Quickly complete the following sentences:*

*School is \_\_\_\_\_\_.*

*Good men(or women) are \_\_\_\_\_\_.*

*If you said hard  and hard to find - even if you don’t believe those statement to be true*, our minds, like the autofill function on computers, automatically fill in the blanks based on information WE put there before.

**Personal Responsibility**

Personal Responsibility means being accountable for the results that do or do not show up in your life. More specifically, responsibility means you have the ability to respond to your life instead of react to it. Many of us behave like robots, mechanically acting out habitual thought patterns of self-pity, overwhelming resentment, and wishful thinking based on how we reacted to similar events in our past. *(Think of the women who always finds the rotten apple to date - maybe she is programmed to find rotten apples so she needs to investigate her thinking.)* Rather than discovering who we are now. Being personally responsible allows you to dissolve old programming and start responding to your life appropriately. With personal responsibility, you gain a tremendous amount of control in your life. The first step in personal responsibility is to bring awareness to how you operate in your life. This means being investigative, observant, and non-judgmental *(honest).* An effective way to do this is take the anthropologist approach. Anthropologists simply note what is. They look and observe without adding commentary or judgement. For example, an anthropologist would never say. “Those crazy savages perform ridiculous fire dances at ungodly hours.” An anthropologist would simply jot down, “The indigenous people performed fire rituals at 3:00 A.M.” Observe yourself in this same non-judgmental way. Jot down when you berate, complain, judge, procrastinate, or otherwise. The trick is to simply notice the judgement AND then NOT judge yourself.

There is a law in physics that states for every action there is an equal and opposite reaction. In other words, what we resist persists. Berating, criticizing, and judging are all forms of resisting. They are non-neutral statements that act like glue and stick your unwanted behavioral patterns to you. When you simply notice what you do instead of judge or criticize yourself, a magical transformation takes place instantly. You will no longer be run by the habitual behaviors that cause you mischief. This is because what you nonjudgmentally look at disappears.

If there is any situation or circumstance in your life that you don’t like (out of shape or homework), you’re resisting it. Said another way, when you resist something you actually add energy to it by thinking about how much you don’t like it (shape) or wish it would be over already (homework). When you simply look at a situation, see it as it is, and stop wishing it were different, the situation loses power over you.