



VEIL *of* CHANGE

3 Simple Ways To Overcome Childhood Patterns

LIFTING THE VEIL OF CLARITY

Overcoming Childhood Patterns

As a child, we are very open to learning. We come into this life with nothing except the basic desire for food, shelter and love.

We learn from everything around us, good or bad, from our parents, our families, our teachers, from nature.

This is then translated into behavioral patterns, which will be carried on into your adult life.

Through your inner child's eyes, your perceptions and feelings at the time also colour the experience and the memory you retain.

For example: If you did not receive the love and affection you desired as a child your thought patterns could be interpreted by you, as being unlovable and unworthy and it could be brought into your adult life.

You could develop behaviors that make you clingy in relationships, and thus cause others to push away from you – again re-enforcing those feeling of being unlovable and unworthy.

This single thought in itself, could impact all areas of your life, from relationships, to career.

- ✓ No blame is to be laid at anyone's door, it is the natural way of experiencing life as it is.

However you are in a place right now, to change the way your thoughts make you behave.

You have reached a point in your life where you recognize change is necessary if you want to achieve your dreams and goals – whatever they may be.

- ✓ This first step of understanding your childhood thought patterns, gives you the opportunity change.

So welcome this insight and strive to achieve the change you so rightly desire.

None of what you learned as a child should be thought of as 'bad', your childhood is what has made, who you are today.

However you do need to know that it is possible to change what you are not happy with.

Change IS Possible

In order to affect change it is necessary to do a bit of digging and delving to know yourself inside.

Understand that you do not need to know the 'what' or 'whys' of how your behaviors were formed.

You need to be able to identify when they happen in your adult life so you can change it.

OBSERVE: Your instant re-actions or feelings in different situations.

Pick something that is fairly constant and repetitive in your life and that you wish to change.

OBSERVE: What it is that makes you so irritable or angry.

Remember, you are looking at the situation as an observer and not a participant.

Watch without judgment, assumption or interpretation.

You are monitoring your thoughts and feelings as they come and go.

You are looking through fresh new eyes – without the clouded lenses that distort the reality of the moment.

OBSERVE: How do you feel now.

You have noticed how things actually are, rather than how you think they are.

You now have a choice, to choose a different path or to keep the path you have always travelled.

Practicing these simple exercises on a regular basis is enough to open up an awareness of identification.

You are identifying two levels of reality, one is how it actually is – the other is the veil of your mental reaction to it.

Taking The First Steps

You are taking the first step towards seeing clearly, by pausing and interrupting the flow of habitual thought, feelings and reactions.

Take the time to go through the worksheet, write down what you have observed to help you identify your childhood patterns.

Remember, you are destroying the negative patterns, to clear the way for new and positive patterns to emerge.



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