



VEIL *of* CHANGE

Getting Rid Of Bad Habits And Ingrained Beliefs

LIFTING THE VEIL OF CLARITY

How to intentionally break bad habits and ingrained beliefs

We have identified childhood patterns and repetitive actions. If you have followed through with your workbooks you will be in the process of changing some of the situations you have identified.

How is this making you feel?

You have started the process of change with intentional actions. At first as you practice your new habits it may feel awkward and unfamiliar but over time as you continue you will feel more comfortable and your new habit will feel more natural.

Breaking bad habits intentionally relies on being aware of them in the first place and this is the first step to changing them. Practicing this in your everyday life on an ongoing basis is the second step.

- ✓ **In order to be mindful of your re-actions, it is necessary to implement a certain way of thinking.**

You have already observed childhood patterns and noted your feelings. You have stopped, paused, and discovered repetitive actions.

Now is the time to destroy all those negative bad habits and ingrained beliefs.

- ✓ **An ingrained belief is a belief that you have been associated with through your entire life, whether or not it is a true belief of your own.**

It is a belief that runs on its own tracks, and you are about to derail it.

Those old emotional beliefs of “I’m too old”, “I’m not pretty enough”, “its hopeless”, “my life is out of control”, “I’m so miserable” can run on and on round the same old tracks.

But if you take control of the drivers seat and realise “oh, those old thoughts again”

- ✓ **You can recognise them for what they are; and take possession of your train of thought and run them off into the siding.**

As you are challenging your bad habits and beliefs you may find that your mind will be filled with an inner dialogue of doubt, fear and self-criticism. This is normal and it is wise to realise that:

- ✓ **You don't always have to believe your thoughts. You can challenge them.**

You have an inner critic

You have within you, your Superego – your inner critic and the driver of your beliefs, your right and wrong judge. And your Ego which is your spiritual you, your chaser of divine happiness and usually the quieter oppressed side of you.

- ✓ **So if you are suffering from a tyranny of self-critical thought and self-doubt, challenge them by providing yourself with positive thoughts and affirmations.**

What you are practicing here is mindfulness – being alive to the observations of your mind, being able to observe yourself from within and at the same time make conscious decisions as to which track you will follow.

In brief:

- 1 Tune in (stop and pause) to see if you are about to embark on a repetitive action or childhood habit**
- 2 Notice your thoughts, and realise they may be clouded.**
- 3 Question your thoughts, and you can change them should you choose to.**
- 4 Acknowledge that you may have a flawed perception, and have patience with yourself – you are learning.**

Have a look at the list of reflections and affirmations; arm yourself with positive self-talk to counteract any negative feedback you might receive from yourself regarding any changes you make within your life.



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