

How to Get Out of Your Own Way: A *Step-by-Step Guide for Conquering Self-Defeating Behavior and Achieving Your Goals*

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From Chapter Nineteen: Living Life in Real Time

8. After you go through these initial steps, read the following statement into your recording device.

"Now that I feel very relaxed, and very comfortable...I feel physically stronger and fitter in every way. With each breath in, I just breath in strength...with each breath out, I blow out the weaknesses that hold me back. Day-by-day I feel more in control of my life...increasingly able to do what I enjoy doing, rather than what other people think I should be doing. If others approve of what I do...Great...but I can no longer base my life on the goals of others...I develop my own goals and focus my energy on them. I know deep down what makes me happy, where I belong...I now have the strength to follow through with my dreams.

"I expect to succeed at whatever I set out to do...and I see myself succeeding before my effort...I program myself for success. That doesn't mean that there won't be failures. Everyone fails at one time or another--everyone...expecting myself to be perfect is arrogance. On the other hand, I expect myself to learn from my failures...it is the only way to make them valuable to me. No longer will I have to make the same mistakes over and over. I learn from the mistakes and move on. I also strive to learn from others...we live in a relational, teaching world...and I am a willing pupil. Acting like a know-it-all does not help me in any way...learning from others always has the potential for expanding my horizons.

"In a similar way I am a more informed person...When I have questions I ask them. I am always on the lookout for new and different information. I prepare for my tasks, setting myself up to win, instead of putting off my tasks and setting myself up to fail.

Organization is becoming more second nature to me...I realize that when I put something in its right place initially, I'm more likely to find it when I need it.

"Making decisions is no longer a mystery to me. I am first clear with myself about what is actually to be decided, gather adequate information on it, talk to those affected by the decision to get their input, see my options, and then decide on the thing based on the goals I have for myself. I am thus able to take reasonable risks, while being able to avoid taking risks that are dangerous for me.

"Everyday I strive to become alert...more wide awake...more energetic. I am becoming much less easily tired...much less easily fatigued ...much less easily discouraged...much less easily depressed...much less easily anxious. Everyday I am more deeply interested in what I'm doing...in whatever is going on around me...in the people around me. I work smart as well as hard, focusing my energy on the goals I have set for myself. I delegate when I do not need to do a task, or if someone can do it better for a better price. I am also more observant of situations and people around me, truly seeing what is there to see and listening to what I hear.

"Starting now, I am able to look at common things in uncommon ways. I act and think more creatively. No longer do I have to solve problems in old ways that have not worked in the past. Creativity is not the prerogative of artists, it is part of all humans...I do not have to stay in any rut, unless I choose to stay in it. Day-by-day I am also more flexible...more adaptable... more willing to change as change is needed. At the same time, I am more disciplined...less impulsive...I keep the words, "Thinking Is Trial Action," in the front of my brain, and refer to them every time I wish to do something that may not be in my best interest. "I realize now that I am a product of my environment...If my environment is negative, so am I. I teach others, by my actions, that they need to treat me with respect, and in turn, I treat them as I wish to be treated. I also spend time with those who uplift me and believe in me. I surround myself with positive people. On the same note, I focus my energy on being more empathetic with those around me. I am now able to get outside of myself to understand the feelings of others...and I am

willing to see things from their perspective as well as from my own. No longer am I afraid of competing with others...it is great when I win...but I can learn new things from any situation. Competition spurs me on to be as good as I can be.

"With ever increasing frequency, I accept myself and others as we are, instead of how I think things should be. I compromise when necessary...and I now refuse to let the accusing inner voices have free reign over how I feel about myself. I am in control of me...and I live with inner voices that help and uplift me, rather than ones that try to tear me down. I fight the negative voices within whenever they appear.

"Gradually, I find less and less need to worry about future problems and dangers, many of which are quite imaginary and silly when I really think about them. I am increasingly able to determine the real dangers about the things I fear and to determine the reasonable probabilities of their occurrence. Most of the things we worry about never happen...I am now able to mobilize my anxieties into energy preparing for the other tasks I need to do, thus decreasing my overall anxiety. Everyday I find myself successful in overcoming the anxiety that holds me back.

"Every day, the irrationalities of the past influence my life less and less. I reject the idea that the traumas of the past need to have powerful importance in my life. I live in the present...I have choices in the present. My life is not dictated by what happened when I was young...I can overcome the past, excess baggage that has been weighing me down.

"I never give up on myself. I give my best effort toward reaching the goals I have set for myself, and no matter what, I keep pursuing the dreams in my life. I am flexible enough to change as change is needed, but I believe in my ability and I never give up on me."