

Episode 0017

Commitment

Show Transcript



AwarenessAddicts.com/Episodes

Presented by Dr. Gala Gorman

© All rights reserved, MetaComm Media LLC

00:03

Dr. Gala Gorman: As we begin to make these shifts that I'm talking about, we can change our language a little bit and that will help us to softly move in a new direction.

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict ... alive, alert, awake and aware of life's possibilities.

00:48

Dr. Gala Gorman: This is Episode 17. In this episode, we're going to do some internal investigation work ... also known as applied awareness. When we are repeatedly dealing with a situation that causes us to express dissatisfaction, there is something at work in our subconscious. We are committed to something that we are not consciously aware of. In other words, we've made a choice to be unhappy. I'm Dr. Gala Gorman, and I'm an Awareness Addict. Let's break this down so we can have a breakthrough.

01:22

It helps to know we're not alone. There is much we can learn from each other. No need to recreate the wheel. As Awareness Addicts, we keep an open mind and trust that the information we're looking for is seeking us. This article will provide some insight to help apply what we're learning in this episode.

This particular article I found was on PsychCentral. It talks about the link between negative thinking and depression. I thought it was really interesting and I wanted to share it with you. It's talking about this Norwegian study that shows that learning to reduce rumination is very helpful for patients with depressive symptoms.

02:05

Basically, they're saying there's a strong link between somebody that is diagnosed with depression and worrying, which they're calling "rumination." The patients involved in the study were treated over a 10-week period. After six months, 80 percent of the participants achieved full recovery from their depression diagnosis. Hagen, who is a professor at Norwegian University, said, "The follow-up after six months showed the same tendency." He goes on to say, "Anxiety and depression give rise to difficult and painful negative thoughts. Many patients have thoughts of mistakes, past failures, or other negative thoughts. Metacognitive therapy addresses thinking processes, rather than the thought content.

03:05

They're calling this work that they do "Metacognitive therapy." It goes on to say, "The patients come in thinking they're going to talk about all the problems they have and get to the bottom of it." Hagen said, "We try to find out how their mind and thinking processes work. You can't control what you think, but you can control how you respond to what you think."

This is really a key understanding. We think that the reason why an emotional upset lasts so long is because it's a recurring problem. That may be the case, but we make a choice over and over to feel a certain way about it. Emotions last only about 90 seconds. When we repeatedly re-ignite a thought, the feelings follow. The trick is to interrupt the pattern. If you're not running from a hungry lion ... in other words, if you really aren't in danger, then it can be helpful to

completely distract yourself and focus on something that brings you joy. I just want you to try it ... it does work!

04:20

If changing our thought process can literally eliminate the diagnosis of depression, there's got to be something to it. This is a practice that you need to put to work in your own life.

04:37

Let's take a moment to develop awareness. This is something you can practice anywhere ... anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we're going to breathe intentionally. We'll start by breathing deeply into our belly. Breathe deeply ... expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply ... all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides ... or you may feel it expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

06:55

Do you find yourself complaining regularly about some condition in your life? This may require a bit of internal investigation ... also known as applied awareness. When we are repeatedly dealing with a situation that causes us to express dissatisfaction, there is something at work in our subconscious. We are committed to something that we are not consciously aware of. Why would we commit ourselves to something that doesn't make us happy?

07:23

I'm calling this education segment in this episode "Divine Devotion" ... proving your commitment. In this case, devotion is what we are devoted to, or committed to, that has the expectation of improving our lives ... putting our lives on a path that creates the life that we know will be full and fulfilling for us.

To start this process, it can be helpful to notice what you, and those closest to you, complain about regularly. When we complain, we are putting a spotlight on something. We're saying, "This means something to me. It means enough for me that I'm willing to complain about it." The idea we have as we're complaining is that, by complaining, we will add enough energy to it to change it. That isn't typically the way it turns out. Usually, what happens is we get a snowball effect of negativity going and one thing leads to another.

- 08:35 I will say, though, that contrast ... knowing what we don't want helps us to know what we want ... can be really constructive or instructive. We just don't want to get caught up in that loop and get stuck there. As we begin to explore this concept of noticing what we're complaining about, I want you to just try on an idea for me. Whenever we're complaining about something or someone, most of the problem is with us. We know this is the case because if that "whatever it is" isn't a problem for everyone then there is something about our preferences. and what makes us who we are, that doesn't jive with "whatever that is" that we're complaining about.
- 09:40 It can be helpful to say, "Wow! This is about me. This is me and my preferences." Rather than complaining and putting a lot of energy into something, we can say, "Well that's not my preference. I prefer to do something different or I prefer to engage in relationship differently. I can then choose to focus on what I do want rather than focusing on what I don't want." That is a leap. So, I just ask you to try it and change your perception. That is what happens when we put awareness into something. We have to change our perception and our paradigm.
- 10:23 As we begin to make these shifts that I'm talking about, we can change our language a little bit and that will help us to softly move in a new direction. If we want to make a change ... which we probably are if we're now tasked with not just complaining about something but focusing on what we do want, we've got to move in that direction. We are going to have to find a way to put some energy into our new approach or our new direction without making it a sad and disappointing experience.
- 11:05 One of the ways we can do that is by using the language that "it is and is becoming." Rather than trying to affirm something that isn't in our experience yet ... which from my perspective is counterproductive since all we do is ignite

our doubter. The voice in our heads is going to go up a few notches. Rather we can say, "It's becoming. It's a work in progress. I don't know exactly how it is working out. I just know that it is." This is the kind of language that helps us to soften our experience and quiet that negative voice in our heads.

11:51

We also want to notice when we're worrying, when we're complaining, and when we get caught in negative thinking. It's not something that we necessarily want to completely eliminate. In fact, trying to eliminate it will usually backfire because what you resist persists. As we catch ourselves ... for example complaining about something ... and then immediately turn that back around and say, "What is it about me that is not jiving with this experience? What do I want to do about it? Do I want to modify myself and my own experience of it? Or, do I want to try to move myself out of the way of whatever it is that I'm not happy with."

12:46

As we do this ... the challenge is meeting ourselves head-on and confronting the story we're making up in our heads, we've got to be willing to do the deeper work to rule out what it is that is actually causing us this disappointment and lack of resonance. I guess that is the word that I'm going to use. Our therapist ... the therapist my husband and I used for quite a few years, regularly pointed out that it's not the content. It's actually all of our experiences that preceded this experience that has created our paradigm ... that then has us relating to this experience in a certain way.

13:43

Again, this is a big conceptual idea here. You've got to start by taking baby steps. The baby steps we start with is just noticing what it is we're complaining about and looking at it and saying, "Everybody is not complaining about this. Some people actually have a good experience with this. What is it about me that is uniquely having a bad experience in this particular instance?"

14:16 The next thing then, once we've started to examine our own relationship to the experience, is to accept that when these sorts of experiences persist, in essence we're committed to exactly that ... to having that experience persist in our lives. Most of us would say, "You have to be kidding me. There is no way I am committed to having this thing in my life that I'm complaining about." But, if you flip it on its head and you really look at the evidence in your life, you will see that in fact, that is what you're committed to. The way to break that commitment is to start doing some of the things that I'm suggesting here. Notice what you're complaining about and then turn it back on yourself and say, "What is the experience that I'm perpetuating that is allowing this to continue in my life?"

15:20 We all have co-conspirators as I like to call them. People that we're in a relationship with. One of the things that makes it hardest to breakthrough is that those people in our lives are used to us being a certain way. For us to start making a change, they are going to resist it and, in essence, put up a fight. It may not look, on the surface, like it's a fight but they're going to be uncomfortable with the changes that we're trying to make. Just know that their discomfort is a normal byproduct and you really have no control over it. If you are worried about making somebody else uncomfortable in your life, that is codependence. And that is another, even bigger, problem.

16:15 The challenge that I'm putting to you here in this episode is that we are going to start holding ourselves accountable. We have no control over anybody else in our lives. But, when we find ourselves complaining about something, we're going to start looking at it and say, "Okay. If I'm complaining about that and I'm having an experience with it that's persisting, then I need to do some internal reflection. I need to look at how I'm creating that experience."

16:53 What's your takeaway for today? One little "aha" and your time will be well spent.

16:59 This is a concept that separates the wheat from the chaff. It requires a paradigm shift. We must accept that some of the ways we act and react are what we refer to as "trans-rational." In other words, they make no sense when our observation is limited to using our logical mind. So, once we start looking at the evidence in our lives ... what is actually showing up ... and get real with ourselves, we can change our commitments and our life experience. Just start by applying awareness and see where that takes you.

17:37

Question: Since I was a child, I have felt less than ... unimportant. Even when people tell me I'm beautiful, I still find myself thinking of all my "flaws." I've never really had a meaningful relationship with anyone. I find it hard to trust people. Do you know what's wrong with me?

18:00

Dr. Gala Gorman: First, thanks for submitting your question. I would like to start by helping you understand that there's nothing wrong with you. You may be allowing your thoughts to create a life experience that no longer serves you but this is something you can learn to control. You must have had some experience ... or experiences ... that made this approach to relationships feel more safe for you. Our brain is wired to keep us safe and secure. When we don't feel safe ... especially at a young age, our brain comes up with ways to protect us. Sometimes the strategy it comes up with creates side-effects that are counter-productive. It doesn't see the big picture. It's just dealing with the emergency in the

moment. And, once this pattern is established, it's challenging to break it. You may need some professional help to sort this out but the payoff will be huge for you.

19:00

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting AwarenessAddicts.com/AA. In just a few minutes a day, you'll stop negativity in its tracks ... and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at AwarenessAddicts.com/Episodes. Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

19:56

Dr. Gala Gorman: As we become aware of the sources of divine discontent in our lives, we may feel compelled to set goals to get the change process started. Goals can be tricky. There's a reason why so many abandon their New Year's resolutions within a few days of the start of the new year. Effective goals have a comprehensive plan and typically quite a bit of preparation ... but they also have another component that is the driving force. In the next episode, we'll discover how to tap into the

power of that force making your goals unstoppable. You don't want to miss it.

20:37

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit AwarenessAddicts.com/Episodes. Thank you for tuning in.

DISCLAIMER OF WARRANTY/LIMIT OF LIABILITY

The author and publisher of this material have used their best efforts in its preparation. The author and publisher make no representations or warranties with respect to the accuracy, applicability, fitness or completeness of the contents. The information contained herein is strictly for educational purposes. Therefore, if you wish to apply ideas contained herein, you are taking full responsibility for your actions.

RecoverYES.com is a division of YES Unlimited LLC providing information, insight and inspiration to support self-help through coaching. Coaching is not a substitute for regular medical or psychological care. Coaching is not about disease or illness—rather, its focus is on healing and wellness.

No one is advised to discontinue or to avoid medical or psychotherapeutic treatment. There are cases where medical or psychotherapeutic treatment are advised. Don't use these techniques to try to solve a problem where your common sense would tell you it is inappropriate. Since the information is designed to support self-help, we cannot and will not take responsibility for what you do with it. You are required to take complete responsibility for your own well-being both during and after the use of our information and/or coaching sessions.

The author and publisher disclaim any warranties (express or implied). The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental, or other consequential damages arising directly or indirectly from any use of this material which is provided "as is" and without warranties. This material is copyrighted by YES Unlimited LLC. No part of this material may be copied or changed in any format, sold, or used in any way other than what it outlined herein under any circumstances.