

Expanding Your View on Life's Possibilities



Begin leading a happier life by freeing
yourself from limiting beliefs

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JOIN ME FOR AN EXPLORATION OF
HOW YOU CAN LEAD A HAPPIER,
MORE ENJOYABLE LIFE BY REDUCING
THE IMPACT LIMITING BELIEFS HAVE
ON YOUR THOUGHTS, IMAGES, AND
ACTIONS.



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ONLYS!

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Pretty much everyone experiences times when life doesn't go smoothly. When nothing seems to work as you need, hope, plan, or expect it to.

Times when you feel stuck, annoyed, frustrated, jealous, clueless, despondent, confused, lost, anxious, put down, rejected, angry, resentful, hopeless...

None of these feelings are "wrong". But they most certainly tend to be unpleasant and frequently self-perpetuating. If experienced over extended periods of time, they are downright debilitating.

And at the same time, you have the idea that you could indeed be happier, if only...

- ... if only he/she/they would (or would not)...
- ... if only this or that would happen (or not)...
- ... if only you would (or would not)...

Now, I am sure, you know that the "if-only-game" does very little to make your life happier.

On the contrary - if-onyms build resentment and despair, blame and excuses, and they severely narrow your view on all the possibilities life has on offer.

So, I invite you to stop with if-onyms. Now!

Instead, start getting a firmer handle on the one aspect in your life that you can really influence and change: your mind.

Continue reading to begin this journey towards freedom from happiness-limiting patterns and feelings.



How you created your limited vision

As a human being, you are unique and complex and intricately linked with other equally complex and unique beings.

Successful navigation through such a mix of interconnected complexity requires a system of practical simplicity. And as a species, humans have developed just that.


From birth, our key question is: "How does someone like me, get on with someone like you, in a world like this?"

With your first breaths, you began to create answers to this question by subconsciously drawing conclusions from everything that happened to and around you.

These conclusions became stories. Stories that captured and reinforced your learnings about how to survive and get along. Stories you still tell yourself in your thoughts, images, and sensations.

You filed each of these stories somewhere in your memory under the headings of "truth" and "knowledge". As they started building on and reinforcing each other, they became your life's script – a collection of interpretations that informs your thoughts and behaviors. A guideline that you follow very closely to this day.





In principle, this is a highly effective system that serves your survival reasonably well.

The problem starts, when you hold so firmly to your script, that you believe all you can do is react to the fixed mixture of your thoughts, images, and sensations.

When you are convinced that inevitably" this is just how life is" and that it cannot ever be different (unless: if only...)

Unquestioningly holding on to your stories is how you limit your vision of life's possibilities and opportunities - and how you keep yourself from experiencing a happier and more fulfilled life.

Here are some widespread stories:

- I never get things right
- I am trouble
- I am hard to love
- Bad stuff always happens to me
- People like that cannot be trusted



You may now want to take a moment and reflect:

What are your stories?



The problem with being glued to your thoughts



When you believe you are your thoughts, you are pretty much glued to your habitual ways of experiencing, interpreting, and reacting to the world. Social scientists call that 'cognitive fusion'.

In a state of cognitive fusion, your thoughts, images, and sensations seem real, concrete, and the inevitable creators of your emotions and behaviors.

Cognitive fusion makes thoughts seem like they are the truth:

- Your thoughts may appear to be commands to be followed.
- They may sound like threats about something to be avoided.
- They may start off feeling motivating but then become punishing.
- They may feel inescapable.
- They may sound very familiar and yet are rarely comforting.

In that state, even if what you are thinking about is in the distant past or future, the felt experience is one of it being real and alive, right here and right now.

You may now want to take a moment and reflect:

Where do you experience your cognitive fusions?



Do you remember a time when your body felt all jittery with fast heartbeats and shallow breathing and you were feeling miserable as soon as your thoughts circled around a moment three weeks ahead when you are scheduled to meet a certain person(s)? Or maybe there is a time when you felt despondent while you repeatedly raked over one particular moment two months earlier when something did not go as you had planned? That's when you were in the state of cognitive fusion.

It is the state of being stuck.

- Cognitive fusion strongly reduces the possibilities you see available to you.
- Cognitive fusion severely limits your freedom to choose your behaviors or to alter how you feel.
- Cognitive fusion leads to you reliving experiences without the ability to put them into perspective or to ask "How else can I look at that?"
- Cognitive fusion leads to experiencing a whole host of unpleasant feelings, such as being depressed, resentful, anxious, jealous, seeing life as pointless, or putting yourself under enormous pressure.

While these feelings are normal, and not inherently "bad", if you experience them often and/or find yourself there for extended periods of time, you suffer. And when you suffer, you rarely experience life as fulfilling, expanded, or happy.

*Wo können Sie Verbindungen zwischen Ihren "unguten"
Gefühlen und Ihren Denkmustern erkennen?*



Myths about thoughts



Life is full of small and big possibilities and opportunities to experience happiness, fulfillment, and a sense of ease. But: the more you are fused with your thoughts, the more you reduce your vision of these possibilities and opportunities.

For centuries, many philosophers have emphasized that we are
not our thoughts!

So, let's be clear: just like reading and imagining a bank robbery in itself is not a bank robbery.

- Thoughts - are the words inside your head
- Images - are the pictures inside your head
- Sensations - are the feelings inside your body

Thoughts are not automatically the truth. They are not necessarily wise or important, nor do they represent all reality. Yes, thoughts are powerful. And they are changeable. By you!

How then can you create a gap between thoughts, so that you may get glimpses of what else is out there, behind the constant chatter of your mind?



Freeing yourself

You can create that freedom gap through De-fusion.

De-fusion is the conscious, active process of allowing thoughts and feelings to be there in the moment they occur.

It is the process of making room for the pleasant and the unpleasant ones and then making your own choices.

In essence, in the process of de-fusing, you actively put a space between yourself and your thoughts and images.

- A space that gives freedom from habitual reactions.
- A space that allows seeing more of the bigger picture.
- A space where you can make wiser choices.

When you are in a state of de-fusion, a thought is neither true nor untrue. You realise that:

- A thought is something that in itself will do you no harm.
- A thought can come and go, it is not permanent.
- A thought may appear to be a rule or command, but it does not need to be obeyed.



How you can de-fuse

De-fusion techniques are not complicated or difficult.

They are most effective when you find one or two that work for you, and you practice them consistently and repeatedly. Start your practice when you notice smaller, unpleasant thoughts (e.g., irritations) and the uncomfortable feelings associated with them. That way, you are reasonably practiced when the more intense ones come up.

Some of the common de-fusion techniques for thoughts are:

- Leaves on a stream
- Watching the clouds
- Naming the story
- Thanks mind
- Thinking versus observing
- Fake news



Some of the common de-fusion techniques for images are:

- Flipping it
- Subtitles
- Shifting locations
- Changing genre
- Flushing it
- Zooming out/View from the balcony



The more practiced in de-fusion you become, the more you notice that it is your choice whether a thought is important or unimportant, whether and how to respond to it, and whether and how long to follow or hold on to the story.

You will see opportunities to change how you experience those times when things don't turn out as you have expected; when people are not how you like them to be; when plans unravel, or when you get stuck in rather painful places.

In the process of reducing the fusion with your thoughts, you will expand your vision on the existing possibilities for a happier life with more ease and enjoyment.



Start your journey to a happier life by recognizing your fixed truth patterns and freeing yourself from limiting beliefs!

Which small action will you take in the coming days to free yourself from unhelpful, habitual thought patterns and stories?




If you would like to explore how you can expand your view on life's possibilities to experience a happier, more enjoyable life, why not get in touch and book a session - online or in person?

You can reach me under:

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A full moon is visible in the upper portion of a clear, light blue sky. Below the sky, a landscape is visible, featuring a body of water in the foreground. A small, white boat is on the water, and its reflection is visible. The background shows a range of hills or mountains under a hazy sky. The overall scene is peaceful and serene.

I'm in charge of what
I think and how I feel,
and today I choose
peace

