A Course on You

Changing Your Mind

Liz Stewart

www.enjoyconfidence.com

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Liz Stewart
www.enjoyconfidence.com
Edinburgh, United Kingdom

This part of a Course on You is the crux of changing your thinking after you have recognised *where* your current thinking has come from. Its important to know that your current way of thinking **isn't** fixed and is actually just the result of programming.

The good news is, this means its totally reprogrammable! The very beliefs that make you feel unworthy, anxious, lacking in confidence and negative, are all just a set of accepted ideas and assumptions - one's that your mind has worked to give you evidence of - just because you entertained them!

Yep, thats how your mind works - hold the possibility of a belief for long enough, and

your mind will work to strengthen that belief. Why? because the mind likes what it knows, it has already done the research, and finds it reliable.

It also likes safety, and human programming means you are hard wired mentally to feel safer in your tribe, meaning you will, when young, purely due to your instinct to survive, (the STRONGEST instinct we have) accept without question what you believe to be the tribes beliefs and attitudes - even when those beliefs and attitudes are about you, and are less than healthy.
Being the same increases our chance of being accepted -
being accepted means we get to stay in the tribe, and therefore, safe.

Some of the beliefs you currently hold are nothing more than someone else's perception anyway! From MANY years ago!

Anatomy of a belief

You have already began to change your thinking by deliberately pulling out your negative thoughts in part 1. This is more important than it may initially seem, because bringing the subconscious (mostly hidden) into your conscious awareness, is something that many people never do, and never know they can!

Once you recognise a belief, you will become aware of the thoughts (evidence) and feelings attached to it - this is the

anatomy of any belief, the things it has been made up of that hold it in place, and that are held in place by unconsciously keeping the belief. Its a cycle rather than a 'thing' which is why it can feel hard to change.

Believing something, just means to have confidence in it, to be certain. The funny thing about the brain, as mentioned, is its propensity to look for evidence to support what it is certain about. It is always scanning, paying attention, and absorbing information, but what we possibly don't realise, is that it is programmed to absorb the information we give our attention to - NOT all the information that is available.

That actually means your mind is programmed to find evidence, to support whatever belief you accept, regardless of how healthy or unhealthy is it - all it knows, is that it's certain and certain takes less work.

It's not just a theory - the part of your brain in charge of this is known as your **Reticular Activating System** - or RAS. Your very own brain filter, constantly filtering out information it deems unimportant (for instance -stuff you are not sure of - ever been reading something, but you just cannot absorb the info from it? Thats your RAS filtering it out, likely because you believed you weren't able to understand it) Scarily, that means it filters out evidence of anything that doesn't match with your beliefs.

But what does that look like in the real world day to day?

Imagine you believe that you are only 'good enough' for sub-par relationships. You believe that it's normal for partners to be overbearing, rude and not very respectful. You believe that you wont get your needs met in a relationship and so you don't expect very much. You maybe collected these beliefs from the adult relationships you witnessed growing up, and went on to mimic them later or perhaps found yourself in one because your confidence was dented at one point, but either way, it's what you currently believe is what you 'deserve' because all the past evidence you have collected, points to that being 'your lot'. Every time someone is rude to you, you

accept it as normal, and reinforce the belief. Every time your needs are not met, you accept it as 'just how it is' and your agreement with that treatment informs your RAS that this is all you should ever expect, that this is YOUR reality. Anything that looks different? like someone treating you well? Will feel 'off' or 'fake' and unlikely to last - this is known as 'deletion, distortion and generalisation (more on this later)

But **Remember**

You only hold beliefs because you once accepted them.

Your RAS collects evidence to reinforce what you believe, and it will delete, distort and generalise all information to fit nicely.

Your attention is guided by your RAS subconsciously.

- Until you consciously guide it

So how can we change it now? How can we remove the toxic beliefs, the negative programmes and the fear that has resulted from them?

By **consciously** and **deliberately** choosing other ones. The ones that serve us, the ones that we want.

Now that may sound like you are trying to cheat the system, and overwrite 'truths' with 'wants' but remember - your thinking is only ever one perception out of every possibility - and you already know you have other possibilities (YOUR possibilities) and not just the limits your mind often tells you you have.

This is what it means when we say "You are not your past" because your past was only ever a collection of choices and things you accepted while your RAS gave you evidence to support those realities as 'truths'.

But you can choose differently, no longer accept any treatment or standard you do not want and realise that the only limits you have in life are ones completely set by you. The negative stuff you believe about yourself? Just a supported belief.

What beliefs do you want to support now?

You get to choose your beliefs. Like religion, thats why there are so many. But maybe you

have tried to change what you believe before and couldn't do it? Maybe you **believe** changing your thinking is hard?(You will know, because your RAS will remind you of the evidence it has collected to support this)

It was hard because your RAS had more evidence to support the old belief. That made it feel surer, truer and more 'right'. That makes it feel like trying to get to a different belief is lying to yourself. That the effort wont be worth it. That you will just be wrong if you managed to change it anyway.

But again, it only feels like that because the OLD belief is the **currently** supported belief. All it really comes down to, is holding a new belief **long** enough and **attentively** enough

until your RAS has collected enough evidence to support the new belief.

You give yourself all the evidence you can, for as long as it takes to support a new belief, like-

-Reminding yourself the new belief worked for someone else

-Choosing it consciously every day

-Reminding yourself you **only** still believe the old one because its the supported one, not because it's true

- Surround yourself with people who embody the beliefs you want

- Stop accepting behaviours, words and treatments from anyone that reinforce the old belief.

- Stop performing behaviours that reinforce old beliefs.

Your RAS will provide evidence for anything you consciously focus on. Thats why its important to focus on what you **want** to reinforce new beliefs and not what you don't want!

Let in **everything** that supports what you want to be true, even when it feels off. Especially when it feels 'not for you'.

Make the small decisions that reinforce the big decisions

You will see the balance tip to your new beliefs faster than you think. Even when you swing between the 2 - hold tight, keep your focus, and know that the change will be made.

LIz xx