

Let's just... "STOP IT"

Wasn't that hilarious? If you haven't watched the Bob Newhart youtube then please do before you read any further. You will find it either on the email that you received with this article or the '*Article of the Week*' section on the home page of my website. As funny as this short video clip is, it has an incredibly powerful real life application ...

no
negative
thoughts
allowed

I saw this video for the first time several years ago at a motivational seminar and again just last weekend at a special leadership day that I was fortunate enough to be a part of. It has not only entertained me, but has also profoundly impacted me. As we all know; it is our thoughts which determine our feelings which consequently determine our actions that will ultimately determine what we do or don't achieve in our life. But it all starts with our thoughts and the way we talk to ourselves and others. What if it were as simple as just being able to 'stop it' whenever these negative or self defeating thoughts came into our head?

Why don't we just 'Stop It'?



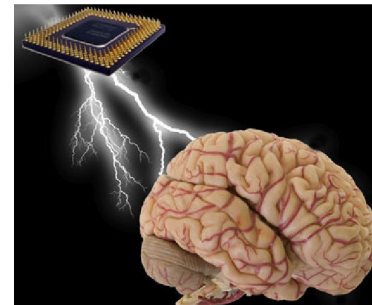
I am experimenting with this simple concept. We are often told that we must go back, deep into our past to try to identify the origin of the fears and negative thoughts that have been and are holding us back before we can move on in our lives. This, for many people, is a long and often painful process in which there are no guarantees of success. We have all had many things happen to us in our past that caused us fear, harm and/or uncertainty. Is it really possible to try and remember all of them to make peace and move on in our lives? I can't even begin to imagine how horrible that would be! Instead, why couldn't we simply draw a line in the sand and just say 'STOP IT' when these negative thoughts and feelings come into our minds?

Replacing the bad ones with good ones

I am currently listening to a CD called 'Replacing old programs' by Dr. Shad Helmstetter. He says quite clearly that if we can stop our old self talk program through self awareness and saying 'stop it' whenever it starts then this old program will slowly disappear. At the same time it can be replaced with a new deliberate powerful and positive self talk program that will move us to a much better place in any area of life we focus on.

This certainly sounds simple, but clearly it isn't easy or we would all be doing it and living the lives of our dreams. Like anything it requires deliberate focus and persistence when nothing seems to be happening. Here is an example of how this might work;

Let's say you are trying to get leaner and your old self talk is telling you that you have failed before so you will probably fail again. The second you are aware of this voice, say 'STOP IT' then immediately say the opposite like; "This time I am successful in reaching my optimal body size, I am lean, gorgeous and healthy". By doing this every time it happens we will eventually replace the computer chip in our brain. We will be re-wired for success!!



This same process can be applied to any area of our lives in which we want positive change; financial, family, health, social, relationships, sex, leisure, sporting or whatever is important to us. It really is as simple as those two little words and a determination to get what we want...

Let's no longer accept what we don't want



Isn't it funny how there are things we have in our lives that we wish we didn't, yet we create those things because of our self talk? Well, it really isn't funny, but it is silly! If only we knew and believed the incredible power we all have to do, have or be whatever we want, we really would kick ourselves for wasting so much time. I know I have and still do!! It is time to no longer accept those things we don't want. It is time to say a big loud 'STOP IT' to all of the words we are using that are holding us back from the amazing life that is available to us all. Let's use those two simple words whenever they are required, because they are much nicer than the 10 words that Bob Newhart used at the end of the video clip!

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