

Introduction to Eudaimonia Therapy

Session Two

Lies, It's All Lies!

Before we move on to session two, remember to name your wounded inner child. Their name should not be your name or a nick name that people call you. It's a name that will always indicate to you your inner child's existence. And remember, you do not have a split personality, your wounded inner child represents the subconscious irrational belief system formed before the age of eight that stores all your insecurities and plays over and over again in your mind.

So, lets jump into session two where we will learn how to stay in positive energy, focus on what's going right in our lives, and begin to construct our new normal. We'll also talk about why it's so important to take 100% responsibility for where we are in life, and how our reality exists in the conversation we have about our circumstances.

We Have Been Taught Lies

We have been taught lies and these lies, and misinterpretations get their fuel from the fact that we all have been taught to look at what's going wrong in our lives and try to fix it, rather than looking at what's going right and enjoy it. We have been brought up with statements like, "You can't have it all"; "Be careful what you wish for"; "Wait till the other shoe drops". We drank the Kool Aide. The underlying notion is that life hurts. This is not a reality. Allow me to show you your reality.

What's Going Right?

I would like you to take a piece of paper and start making a list of all the things that are going right in your life. Start with the fact that you have hot, clean water to take a shower in, because most of the world does not, am I right? List things like you have a house with a roof that keeps you dry when it rains, windows that you can see through, shoes...yeah how many shoes are in your closet? And do they have holes in the bottom of them? Do you have heat and air-conditioning, a mattress to sleep on? Sheets to put on your mattress, a blanket that keeps you warm at night? A car? Money to put gas in your car? People that love you? Legs you can walk with, arms you can hug with, ears to hear, eyes to see, glasses if you need them? You get the point. Now make that list and make note of how many things are going right in your life. I had a woman who listed 123 things in her life that were going right after she told me her life sucked. Well, that changed her perspective rather quickly.

Now, pause this video and make your list. And after you make your list take a good look at all you have to be grateful for. Say “Thank you!” for all your blessings. Grateful thoughts are positive thoughts on steroids, and it’s that energy that we need to get used to living in.

Stay In Positive Energy

After you have been triggered, and do the uplifting exercise, ask yourself what is going right with the issue you were triggered about. If you were triggered about money, ask yourself what’s going right with you and money? If you were triggered regarding a family member, ask yourself what’s going right with that relationship? Even if it’s about leaving a relationship, what’s going right in leaving that relationship. That is how you spin the negative energy surrounding the trigger

to positive energy. Remember, you always want to be sitting in positive energy. Quantum Physics states that like attracts like. Positive energy will attract positive people, positive opportunities and positive outcomes.

Developing Your New Normal

The exercises you do with me will lead you to developing your New Normal. Everything in life happens for you, not to you. I like to use our experience with the pandemic to provide reflection. Creating in your mind what your future could look like. The first thing to do is ask some pointed questions. The pandemic didn't happen to you, it happened for you, what did you learn about yourself? Write down your answers to the following questions. You can pause this video between questions to give yourself more time in answering these questions.

Pointed Questions

1. What went right in the quarantine that you want to keep in your new normal?

Most people have responded with the fact that they spent more quality time with their families. For those that lived alone they responded with the fact that they got to do things they never had time to do before. Many responded with the discovery that they hadn't had a balanced life and now moving forward they intend on keeping that in their lives. Whatever your answer is, the point to this exercise is to start building your new normal in your mind.

2. What was the smartest decision you made during the quarantine?
3. What was the greatest lesson you learned about yourself?
4. What is your biggest piece of unfinished business?
5. What was the biggest risk you took?

This question allows you to see what is most important to you.

6. What did you learn about yourself as a result of the quarantine?

Building A New Normal

Everything in life is created twice, first in thought and then on the physical plane. There has never been anything created by man that wasn't first a thought. So too, are our life situations. Start building your new normal by imagining that you are filling up a genie lamp populating it with items you would like to see and experience in your new normal. Write down the answers to these questions:

1. What will you take into your New Normal?
2. What advice would you like to give yourself?
3. What issues would you regret if you didn't address them in your New Normal?
4. What are you most committed to changing and improving at work?
5. What are you most committed to changing and improving at home?
6. What are you most committed to changing and improving in your relationship?
7. What did you realize brings you the most joy and how are you going to have more of it?
8. What will you let go of to improve your life moving forward?
9. What one word would you have as your theme for your new normal?

Your Theme Word

Run yourself through this exercise and discover the one word you would use as the theme to your new normal, write it on a post-it and put it on your computer. For the next year, all your decisions should be based on that one word. So, for example, if your one word for the theme of your new normal is “fun”, when you need to make decisions, you will look at your theme word and make sure that your decision includes having fun.

You Are 100% Responsible

Your life didn't happen willy nilly, you need to take 100% responsibility for it. You are a co-creator of it. You need to focus on what you want, not what you don't want. We have all been taught to look at what is going wrong and fix it, rather than looking at what's going right and enjoy it. We need to take a breath and relax and train ourselves to focus on what we can enjoy. All that happens to you, you bring about, the good, the bad, and the ugly. And this all happens by the meaning you have assigned yourself and everyone and everything around you. When you are experiencing something emotionally painful, ask yourself, “What am I learning about myself?” This experience is all about you and your thoughts. In the moment of clarity, you will know the answer to the question, “Why Me?” and the experience will move out of your way. When I have a client who asks me, Dr. Donna, why is this happening to me?” I answer, “Why not you?” In that moment they don't respond because in that moment they begin to understand.

Our Reality Exists in our Conversations

We think we live in the world, in a set of circumstances, but we don't. We actually live in the conversation about our set of circumstances, the meaning we give it. We assign meaning to everything. That is why everyone has a different

perspective on things and events. When we see a car accident, all of us will have slightly different versions of the truth. When asked, “What is your truth?” the question is asking for your version of the truth because your truth may be different from mine. So, there is your truth, my truth, and then, the truth. All these versions are based on our individual belief systems that were formed before the age of eight.

Words Are Magic Wands

So, watch what you say. The trick here is to focus on what you want to happen, not what you don’t want to happen. Watch your words. If you focus on negativity that is exactly what your life experience will become, all that is negative. For example, if you say, “I never have any money,” and all your conversations talk about lack of money, you are focused on not having money and that will become your experience. If you say, “Money comes to me easily and often,” and talk about how fortunate you are for what you have, that will become your experience. It simply comes down to this, “When you change the way you look at things, the things you look at change!” You need to stop looking at what you don’t have and focus on what you do have. Again, grateful thoughts are positive thoughts on steroids. What I mean by that is, positive thoughts carry positive energy and grateful thoughts are that much more so in kind will carry that much more positive energy. Like attracts like, therefore positive energy will attract positive people, positive circumstances and positive outcomes.

Fear And Worry

Now we are ready to deal with the major obstacle that prevents all of us from going after what we truly desire, and that is the “twin sisters” of your mind; fear

and worry. That is your next step in clearing your mind for greatness as we move forward to session three.