

7 Powerful tips to help you help yourself

I. The Observing Self

The Observing Self has been a practice in many different religions all around the world dating back thousands of years ago. It can be used just as well in meditation as business analysis and has worked its way into many of the therapies we use today.

It is undoubtedly one of the most powerful things anyone can learn because it can be used to help any emotion in any situation.

We all have one and we have all used it on many, many occasions the trick is just being aware it so that we can increase it.

This is how you will know what it's like:

- Emotions are easier to deal with
- Sometimes it's not like you actually experiencing the event, it's like you are watching you experiencing the event
- You feel a lot less reactive than normal
- You can reflect on what you are feeling as it arises
- You have more choices over what action to take next
- Thought's have slowed down
- Time can seem to slow down
- Life seems easier

Ways that you can enhance this:

- Become aware of the sensations written above
- Think about yourself seeing yourself
- Watch the sensations in your body as they come and go
- Ask yourself what you are feeling right now and be curious know what the answer is
- Breathe deeply, breathe slowly
- Think about times when you acted very skilfully in a situation that might ordinarily have been challenging for you

2. Know what you want

Now this may seem very simple but many people are not sure of what they want and so the chances of actually getting it are unlikely.

Start to become aware of what your current experience really is. Then ask yourself what you would truly like instead. Once you have done this, imagine yourself having already achieved your goal and look back on the steps you chose to take it.

This will give you a path to follow towards it.

It is also advisable to divide the goal into smaller, manageable steps with a time limit to reach to those mini-goals.

3. Whatever you focus on grows

We do not choose what thoughts enter our minds. Sometimes really quite strange and random thoughts have a tendency to just pop in there. This is normal.

What we do have control over is whether we choose to entertain and indulge those thoughts.

The more you spend time thinking about something in particular the more that pattern, and the resultant affect on your emotions will be prevalent in your life.

This is great because when you start to focus on the positive things happening in your life the more you'll enjoy the great feelings that come with it. You will feel happier, more content and act in a way that actually creates more things to be happy about.

This is how you can do it:

- Become aware your thoughts
- Be gentle with yourself and simply accept that you had that thought...it's OK, you're OK
- Ask yourself "Do I really want to continue to think this and will it benefit me to do so"
- If the answer is YES, carry on
- If the answer is no you can either find something that will distract you, or make a choice about something that will benefit you to focus upon

4. Challenge your beliefs

People seem to have a tendency to think that their beliefs are facts; however, they are usually just strong opinions that seem like their true.

Changing just one belief can have a profound affect to a person's whole life.

If you have certain beliefs that have been holding you back, then be open to being wrong about those beliefs. They are brilliant beliefs to be wrong about.

- Maybe you are worthy of happiness.
- Yes you can have the kind of relationship you want
- You do deserve that job
- Perhaps you are just amazing!

5. V. If what you are doing is not working do something differently

Sometimes people know that something isn't working but just do not know what to do to change it. Oftentimes when this happens we keep trying what isn't working to fix it but get increasingly frustrated.

When you change one thing about what we are doing the whole problem or issue isn't the same any more.

Just one small change can be the thing has been holding up the problem, which once changed can have a domino affect.

You may need to step out of your comfort zone and take a risk. Again it can just be a small risk.

6. Work out how you 'do the problem'

All problem behaviours are in some way learned and follow a pattern. To work out that pattern all you have to do is ask yourself these questions.

What, When, Who, Where, How

Examples of these questions are:

What is the problem?

When does the problem occur? (At night, in the morning)

Does the problem only happen with a certain person/ people?

Where does the problem happen? (At work, in the pub)

What behaviours am I exhibiting that make this problem happen?

7. Take Responsibility for your life

Perhaps the most difficult one to really practice is coming from a place of being 100% responsible for your life.

Being completely 100% Responsible for everything that happens in your life may not necessarily be a completely true viewpoint, but it is one of the most powerful.

When you think about all the different people in your life you will know that we all have different perspectives on life. The perspectives that we have influence the way we act and the way that we act influences our perspectives.

When I talk about Responsibility, I am not talking about blame or fault. These imply making some negative judgements about oneself.

Taking responsibility is:

- Knowing that no matter what happens, how you feel is your responsibility
- You took the decisions to make your life how it is and so you are responsible for how it is now.

When you are truly responsible for your life you are in a place where you have the power to make it better.

What perspective will you choose?