



Self Esteem Experts

www.self-esteem-experts.com

SPECIAL REPORT

The Secrets of Behavior Change

Use the Secrets of Behavior Change with consistent regular practice and your self esteem will soar as your peace and happiness deepen and expand.

1. You are **responsible for what you think, feel and how you behave. YOU HAVE A CHOICE** to accept this responsibility or abdicate it. Either way it is a choice – your choice. You are the author of your life and your mindset directly influences your destiny.
2. **IT IS NOT the events in your life that “cause” you to feel a particular way**, for instance: sad, angry, upset, happy, content or loving. It is what you think and feel about the event, your interpretation and definition, that is the “cause” of your feelings.

Here’s an Example:

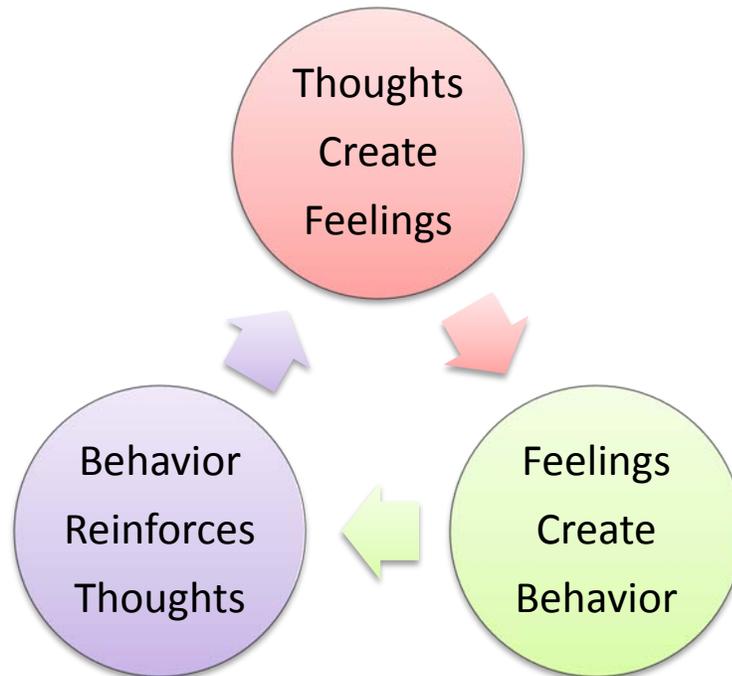
You are at a social event interacting with old and new friends and decide to tell a joke. This joke has political and racial overtones and it is a mixed crowd. The joke is the event. Is it reasonable to suggest that you’re going to get multiple reactions and feelings from the group? Probably! One joke can have many reactions.

If it were true that events are responsible for how you feel then it would follow that each person would feel the same. But they don’t! How come? The reason is each person thinks differently, has a different interpretation, of the joke.

3. You can change your thoughts, feelings and behaviors **with consistent regular practice**. It is the same as learning a new skill. Learning takes time, practice and patience. It is generally agreed that it takes 30 day of consistent

regular practice to “install” a new habit and create a new [brain pathway](#).

4. Your thoughts create your feelings and your feelings create your behavior and your behavior reinforces your thoughts.



Here’s an Example:

You arrive late to a party. As you approach a group of friends you notice that they abruptly stop talking. Your automatic thought is, ‘I bet they were talking about me’ and you automatically feel self conscious and hurt. Driven by your feelings you immediately make-up an excuse to leave the party.

Your thought: I bet they were talking about me; **your feeling:** self consciousness and hurt and **your behavior:** making up an excuse and leaving the party is actually reinforcing a long-held belief that, ‘People don’t like me.’ So that the next time you see any of these people you will purposely avoid interacting with them and continue the cycle of:

People don’t like me ⇒ I feel self conscious and hurt ⇒ I avoid the people who I assumed were talking about me.

5. When **you feel good about yourself you ACT in ways that produce positive and satisfying results.** Your good feelings create a positive energy field that

in turn attracts additional gratifying outcomes. This is the basis of The Law of Attraction.

6. If you want rewarding results you must be **Aware** of your thoughts and feelings. Make the conscious **Choice** of choosing the thoughts that support your hearts' desire and make you feel good and **Change** your behavior so it reflects the goals and feelings you desire.
 - **Ask yourself:**
 - *What do I want to happen in this situation?*
 - *What are the thoughts and feelings that support what I want?*
 - **Read:** [The Awareness ⇒ Choice ⇒ Change Model](http://www.self-esteem-experts.com/a-c-c-model) (<http://www.self-esteem-experts.com/a-c-c-model>)
7. Your **feelings, thoughts and behaviors are driven by long standing beliefs.** Beliefs are the deep rooted thoughts about ourselves and the world we live in. They are thoughts you think over and over again, charged with emotional energy and acted upon as though they are truth.
 - **Read:** [How Beliefs Are Formed](http://www.self-esteem-experts.com/Beliefs) (<http://www.self-esteem-experts.com/Beliefs>)
8. **Beliefs are neither good nor bad – true or false.** They are either effective or ineffective in serving and nourishing what you want.
9. **Beliefs can be CHANGED.** If a belief does not serve you, what new thoughts can you replace it with so you feel better and can behave in ways that support what you want.
10. You are having a conversation, in your mind, much of the time. This is called self talk. Your **self talk provides powerful clues to what you believe and directly influences your feelings and behavior.** Self talk that is riddled with fear and doubt produces undesirable results. Self talk that is infused with confidence and positive statements about you produces desirable results.
Self talk can be changed using the Awareness ⇒ Choice ⇒ Change model.

Here are two examples of applying *The Secrets of Behavior Change* to live a more fulfilling and happy life:

Situation #1: I feel bad because I did not exercise today. I rush through the day so I can get to the gym even though I have a lot to do. I am stressed and anxious because I might not get to the gym.

What I want: I want to feel good about myself and my body and for my day to go smoothly.

My belief (s) is: I must exercise everyday to keep my weight under control.

Being Responsible:

- **Ask,** Does this thought serve me? NO! I am too busy to exercise everyday.
- Can I adjust my thinking – create a new thought – that supports me? YES

New Thought: (I regularly focus my attention on these new thoughts.)

- Exercise is good for me, so is diet. When I watch what I eat, I can still stay fit and be more flexible with my exercising schedule – exercising 4 or 5 times per week.
- I am working on staying fit by watching what I eat and exercising 4 or 5 times a week.

New Feeling(s):

- I feel good about myself because I am taking responsibility for my fitness in a way that works for me.
- I feel empowered

Situation #2: Taking care of my mom is a pain. I do not feel good about it. I get angry at myself and at her. I lose patience. I want it to be different.

What I want: I want to feel good about my mom and be helpful to her.

My belief (s) is: When you get old you should die and not be a burden to your children.

Being responsible:

- **Ask,** Does this thought serve me? No
- Can I adjust my thinking – create a new thought –Yes

New Thought: ((I regularly focus my attention on these new thoughts.)

- My mom is doing the best she can do and needs my help right now.
- I like to help people.
- I am helping my mom adjust to this next phase of her life.

New Feeling (s):

- I am proud of myself.
- I am glad I can be of help.
- I am happy I can be helpful to my mom.

11. Problems, obstacles and challenges are going to surface – they are a natural part of the behavior change process. **What you think and feel about obstacles, on your path, will increase or decrease your chances of long term success.** When you view them as an opportunity to strengthen your commitment to change, you increase your likelihood of success.

12. **Support is a crucial component of successfully implementing change.** The challenge of behavior change is that it is easier to continue to think and do what you have automatically done in the past.

There may be times when it seems that you are taking two steps forward and one step back, as well as times when you are certain you will never be successful. It is at these times that support is crucial. Support allows you to tap into someone else's belief in you when your confidence is shaky.

13. **Acknowledging success along the way and giving yourself positive feedback increases your chances of success.** Every little step recognized provides momentum to take the next step in implementing your desired change. So take a moment right now and acknowledge yourself for reading this Special Report!