

VALUES VS HUMAN NATURE THINKING

Most of us are completely unaware of attitudes to life, and beliefs about our world that we formed when we were very young, and even before we began talking. Before we understood what we were doing, we were thinking, and accidentally forming beliefs, and coming to conclusions that would shape and influence our whole life.

Our thoughts and beliefs help create the prison, or the palace we live in on a daily basis, causing attitudes that determine our actions and behaviour. A collection of must, must not, ought too, cannot, should, have to, need to, and a raft of other negative beliefs will severely inhibit our capacity for success.

If a baby elephant is tied with rope to a stake in the ground, the length of the rope will determine its freedom to roam. After many futile attempts, the young elephant learns that it cannot break the rope. It learns to be incapable of breaking out of its freedom zone. Later as a ten-ton colossus, using all its strength to perform a range of tasks, it still believes it cannot break the rope and doesn't even try. The largest elephant can be restrained by the flimsiest of cords because of this learning.

While we laugh at the elephant, the same is very true of all human beings. That may seem very bizarre and strange, yet many people today live less than successful lives because their "automatic beliefs and attitudes" – are negative and unhelpful. The scientists call this "Learned Helplessness". And since it has been learned it can be unlearned. We have programmed ourselves, and the bad code in the programming of the organic memory drive in your brain can be overwritten with new learning.

Because we formed these habits when we were very young, we are often completely unaware of the power of these automatic ways of thinking over our moods, attitudes, actions, and results.

Professor Seligman

"The beliefs are the direct cause of what we feel and what we do next. They can spell the difference between dejection and giving up, on the one hand, and well-being and constructive action on the other"

To achieve more and to enjoy a more rewarding and successful life it is essential to take ownership, make changes, and get off automatic thinking for a period of time, and shift to manual. Diligent practice in manual will lead to old automatic negative beliefs and attitudes being replaced by new mentally tough and optimistic beliefs and attitudes. Gradually we can move back to automatic but the functioning of our automatic beliefs and attitudes is now totally different.

"It's not what happens to you that matters. It's what you think about what happens to you that matters"

