

**Welcome To
Cognitive Behavioral Modification**



**Module 2
Your Logical Thoughts**

by: George Tannous, PhD

www.LifeCoachBootCamp.com

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www.CrimeReductionProject.org

Life Coach Boot Camp

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Introduction

Module 2 Your Logical Thoughts

Greetings,

I am so glad that you have decided to participate in our *Life Coach Boot Camp* studies in order to become certified. There are eight topics all in all in this module. “**Attitudes**”, “**Your Logical Thoughts**”. Then, “**Unlawful Thoughts**”. Then, “**How Well Do You Communicate**”. Then, “**Drugs, Alcohol, and You**”. Then, “**Your Uncontrolled Anger**”. Followed by, “**Is Your Life in Balance**”. Finally, “**Relationships**”.

Upon completion of your studies and the required homework, you will be issued a “Certified Life Coach” certificate specializing in “**Relationships**”. Relationships between friends, husbands and wives, colleagues at work, mom and dad Vs. sons and daughters, at church, or anywhere you go and anything you do. Life is based on relationships. Every household has it. And our coaching is different from anyone else.

With each lesson, you will be required to answer a few questions, write an essay, participate in our forums in order to give feedback or receive feedback from others, (This is where you gain experience in coaching others. You see, others will bring their issues to the forums, and other members will discuss solutions. It is a ton of hands-on experience thus when you’re on your own, in your own practice you’ll never be alone. The entire community will be there with you!), and the forum is a place where you’ll hold yourself accountable to the community and do a confession as well which is something you’ll teach your own clients to do. You will also learn how to perform an “**Attitude Check and a Confession**”. And finally, you will learn how to feel the way you want to feel by our specialized topic on, “**I feel Good, PST™**”.

This module includes the following:

- Introduction
- Why Become a Life Coach

- Thinking the Worst
- Unconditional Thinker
- Blaming
- You Should
- I Can't
- Grandiose Questions
- It's Them
- Loaded Words
- Making Assumptions
- Have to Need to, Must
- Attitude Check & Confession
- I Feel Good, PST™

There is no way any relationship will survive without having the qualities mentioned above.

Make sure to read each article carefully at least three time. Answer all questions and either email your answers back to me or mail them. Once you have completed this entire journey, you will be issued a *Life Coach Certificate*.

If you are an inmate registered through "CrimeReductionProject.org", upon completion and the issuance of your certificate, we will send a letter of recommendation to your warden for time off or an extended halfway house. But it is up to the warden to extend that. Non the less you'll become a "Certified Life Coach" specializing in relationships which will help you once released from prison to either work for someone or yourself.

All others, make sure to visit the web site, <http://www.lifecoachbootcamp.com> to view all the videos, over sixty all in all. Also, follow the instruction for sharing your story in our Forums as well as participating in our "Forums" especially our unique "Confessions Forum" so you may gain practice, knowledge, experience, and expertise!

Once done you will receive a *Life Coach Certificate* and you may begin your practice as a Certified Life Coach helping others in their relationships such as marriage, kids, friends, colleagues at work; the list goes on and on.

I am thankful that you have given me this opportunity to share all of this with you. May God bless you and bring prosperity and peace into your life.

Respectfully yours,

George Tannous, PhD



Why Become a Certified Life Coach?

by: George Tannous, PhD

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Aside from being a highly rewarding career, there are several rewards of being a life coach.

You step into the world of entrepreneurship: One of the biggest benefits of becoming a life coach is that of freedom and flexibility. And you get to be your own boss. It helps you break away from the regular nine to five, enables you to work on your own terms, helps you stay aligned with your values, and gives you time to focus more on your personal as well as your professional life. It allows you to make time for your hobbies, enables you to pursue your interests, and helps you make more time for your family.

Higher wages: Another major benefit is that of higher income. Depending on your experience, your portfolio, your clientele, and your demographic area, you can generate from \$50 to \$150 in one session and much more in a group seminar setting. In addition to this, you can also offer monthly packages to your clients.

Example: It takes thirty-five weeks to coach a couple, parents and children, friends, family members, and more. If you are meeting with your client one day a week, and at a

billable rate of \$50 per hour, which is very low, then each client is worth \$50 times 35 weeks = \$1750

Now, if you are working part time, twenty hours a week, then you will be seeing 20 clients per week. Keep in mind many meetings are done now on Zoom.com. For a total of \$35,000 in 35 weeks. Not bad wouldn't you say? Do it full time and that number now equals \$70,000 in 35 weeks or $70000/9 \times 12 = \$104,000$ per year and that's at \$50 per hour. What if you charged \$150 per hour?

More control and clarity: Becoming a life coach gives you more clarity and control over your own life situations. When you motivate others to become action-oriented, it gives you the courage and strength to overcome challenges in your own life. After all, you'd better know the materials that you are teaching and apply them in your very own day to day life.

There comes a point in time in everyone's life when they require some extra support.

Think of it; How many times in your life did you need a helping hand? Someone to lean on. Someone you could trust. Someone who'd listen to you.

There comes a point in time when everyone needs someone they can talk their heart out to, a helping hand to pull them through the difficult times, or a shoulder to cry on.

Sometimes people seek someone who can relieve their pain through kind words or fill them with enthusiasm and confidence when they are brimming with self-doubt. At times people seek someone they can rely on. Someone they can trust blindly or someone who is always looking out for them. **You can be that someone who can transform people's lives and yours as well.**

You can be someone who can help people out in their difficult times, who can provide comfort and support during crises, and you can be someone who can help people tap into their full potential and motivate them to achieve their goals.

You can help people fix their broken pieces, you can become a helping hand in someone's journey of self-discovery, and you can help people find their life's purpose.

Welcome to the world of life coaching. A rewarding career path that allows you to not only become an entrepreneur but also serve others while being aligned with your own values. A career that offers flexibility, freedom, higher wages, and job satisfaction.

Who is a Life Coach? A life coach is a person who helps people focus on improving their present life situations. Life coaches work with their clients and enable them to make necessary amendments. They encourage their clients to take action and help them create a life they envision for themselves. Their client could be someone struggling to find an

ideal career path, problems in a relationship, attitude problems, not rational with their thoughts, criminal thoughts, alcohol and drug dependency, or a parent wanting to improve his/her child behavior, and much more.

Life coaches are seen as carvers. Someone who shapes lives by observing the strengths and recognizing the weaknesses of their clients and who work with them at every step as a partner to help them make the most of their lives.

Life coaches are professional mentors who replace nervousness with calmness, anxiety with enthusiasm, and procrastination with loads of action. As a life coach, you create a detailed plan of action for your clients and motivate them to stick to it while keeping them aligned with their values. At times you give them a pep talk, at times you offer emotional support, sometimes you challenge them, but at the end of the day, you celebrate with them. Their achievements become your triumphs.

Job satisfaction: If you are someone who loves to help people with their circumstances, who loves serving others and who loves seeing people achieve their goals and reach new heights in life, life coaching can be an extremely satisfying career path. Life coaching not only enables you to shape lives for good or show others the right direction, but it also equips you with a greater purpose.

How can you become a life coach?

While becoming a therapist requires you to enroll into several degree programs, that is not the case when it comes to becoming a life coach.

If becoming your own boss and making more money while partnering up with people and helping them create a bigger and better life for themselves sounds like an ideal career path to you, you can become a certified life coach by joining us today.

If you are someone who want to learn how to improve yourself and live a better life, someone who is eager to help people, someone who wants to be a mentor to your family and friends, then this is for you! Join us today for a better tomorrow

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Respectfully Yours,

George Constantine Tannous, PhD
President and CEO
LifeCoachBootCamp.com
Crime Reduction Project, Inc.

Notes



Thinking the Worst / Awfulizing

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Make sure to answer the questions at the end and follow the instructions for submission!

We as humans have a tendency of controlling things. We try to control things as it gives us a sense of security and certainty. We feel that if we are able to control the situation, we can predict what happens next and plan accordingly.

While taking control is great, it becomes a problem when we try to control things that are clearly out of our control. It becomes a greater problem when we are fully aware that no matter how hard we try to control the outcome of the situation, it won't work and yet we choose to dwell on it which makes our lives miserable.

But do we stop? No, we don't.

As a result, we find ourselves fretting about the future. "Will I get that job?" "Will my dad be OK in the retirement home?" "Will my son get bullied in school?" These are some

examples that illustrate how we often fret about things or situations; the aspects of which are out of our control.

But things become even worse when we start jumping to worst-case scenarios. We start imagining horrible things happening to us or our loved ones. These worst-case scenarios are not real, they are just a result of our thoughts. And even when we are aware of this, we can't stop obsessing over these negative thoughts.

“What if I end up getting fired after getting selected in that organization?” “What if my dad slips on the stairs?” “What if my son gets beaten up by bullies at school?” These are some examples that illustrate how we sometimes jump to some of the most horrible scenarios. Do you see the difference between the previous examples and these? The previous examples illustrate how we fret about the future while these examples show how we imagine horrific events in our heads. How we “awfulize” situations. If you are someone who experiences this, you are not alone.

What is “awfulizing”?

The term “awfulizing” was sparked by the American psychologist Albert Ellis. The term refers to an irrational thought process that overemphasizes negative and horrific consequences of situations and events. For example, imagine two people are traveling by air. Everything is going pretty smoothly, and people are enjoying their complimentary snacks. All of a sudden, the plane starts experiencing turbulence. While most people on the flight take the situation light, one person with the habit of awfulizing doesn't let it go. Even though he understands that it's common for planes to experience turbulence, he starts over thinking the situation.

He starts imagining the luggage flying off of the overhead compartments, he starts picturing multiple engine failure, blasts and fire on the plane, and the entire scene plays in front of his eyes like a movie where the plane crashes and everybody dies.

Even though the person is fully aware that his thoughts are illogical, even though he fully understands that what he is thinking is mere fiction created by his brain and nothing of such sort is going to happen, he still cannot put a halt to his thoughts. Imagine the horror he must be experiencing.

The process of awfulizing is not only emotionally draining but also self-defeating.

Awfulizing not only takes a toll on our emotional state but also impacts other areas of our lives. The constant overthinking and worrying increases stress levels, lowers our productivity, restricts our creativity, and increases anxiety. Some people suffer from panic attack. And it doesn't stop here. When you are emotionally overwhelmed, it affects

you physically. It lowers down your energy levels, your heart starts racing, you get a weird feeling in your gut, you start feeling nauseous, and you may start developing sleep problems. All these negative effects just because we awfulize.

How to stop awfulizing

If you are someone who awfulizes, we understand that you are fully aware that the thoughts that are making your life miserable and difficult for no apparent reason are illogical. Many people who awfulize are aware of this fact. They know the thoughts that take such a huge toll on them do not make much sense. It's just that they don't know how to stop these thoughts.

The following steps can help you stop these illogical thoughts. It won't happen in a day and it won't happen in a week, but it can happen. The key is to keep moving forward. From time-to-time one may drift into awfulizing without even realizing it. One negative thought and you'll find yourself creating a worst-case scenario. When this happens, the following steps will help you.

Take a deep breath: Stop and shift your focus on breathing. Deep breathing supplies more oxygen to our brain, which creates a calming effect.

Get a fresh perspective: Our minds can create hell for us by forcing us to see the worst-case scenarios. Sometimes we get so tangled in these scenarios that we get disconnected from reality. Talking to a trusted family member or friend can help you shift your focus and can provide you a fresh perspective on the situation.

Write down your thoughts: Maintaining a journal is an excellent way of keeping track of your thoughts. Jotting down your thoughts not only helps you realize their weight and impact, but it also gives you an opportunity to analyze them later and observe a pattern.

Apart from these steps, you can make changes to your lifestyle that can help you stop awfulizing.

One of the most crucial of these steps is to turn off the news. Many people turn on the news channel first thing in the morning. While there is nothing wrong with staying informed, it's important to understand that the reports on violent incidents and loss of life can trigger thoughts and emotions that can send you into the awful zone. Turning off the news not only makes your mornings more peaceful and positive but also helps you overcome the triggering thoughts.

Meditating for 10-15 minutes in the morning can also help you overcome the destructive habit of awfulizing. Meditation limits the wandering of your mind and helps you stay in

the present. It makes you calmer, equips you with patience, reduces anxiety, improves sleep, and makes you stronger from the inside.

Exercising or playing a sport can also help you in improving your focus, uplifting your mood, and improving your mental health overall.

So how did you stop awfulizing? How has overcoming awfulizing changed your life? Share your story with us in the Forums!

Our advice is for you to practice controlling your sick thought process for at least a week. Tell others around you to point out any event in which you thought the worst about something. Have them hold you accountable. Visit the Forum and do a CONFESSION.

What is a Confession? *A Confession is when you've displayed a wrong behavior and were held accountable by one of your family members, peers, or even yourself.* Visit the Forum and tell us about it. We will give you feedback! Make sure to watch the video about Confession for more details! Furthermore, become a member of the Forum and give feedback to others!

Read the article? Time for introspection!

Please answer the following:

1. Do you also get anxious while thinking about the future? Why?
2. How do you feel emotionally when you awfulize?
3. How has awfulizing affected your life?
4. What thoughts haunt you the most? Why do you think these thoughts have power over you?
5. What steps are you taking to ditch this negative state?

The essay

Please write an essay, up to two pages, about a past experience you thought the worst. Tell us in detail, who, what, when, where, why, to whom, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you.

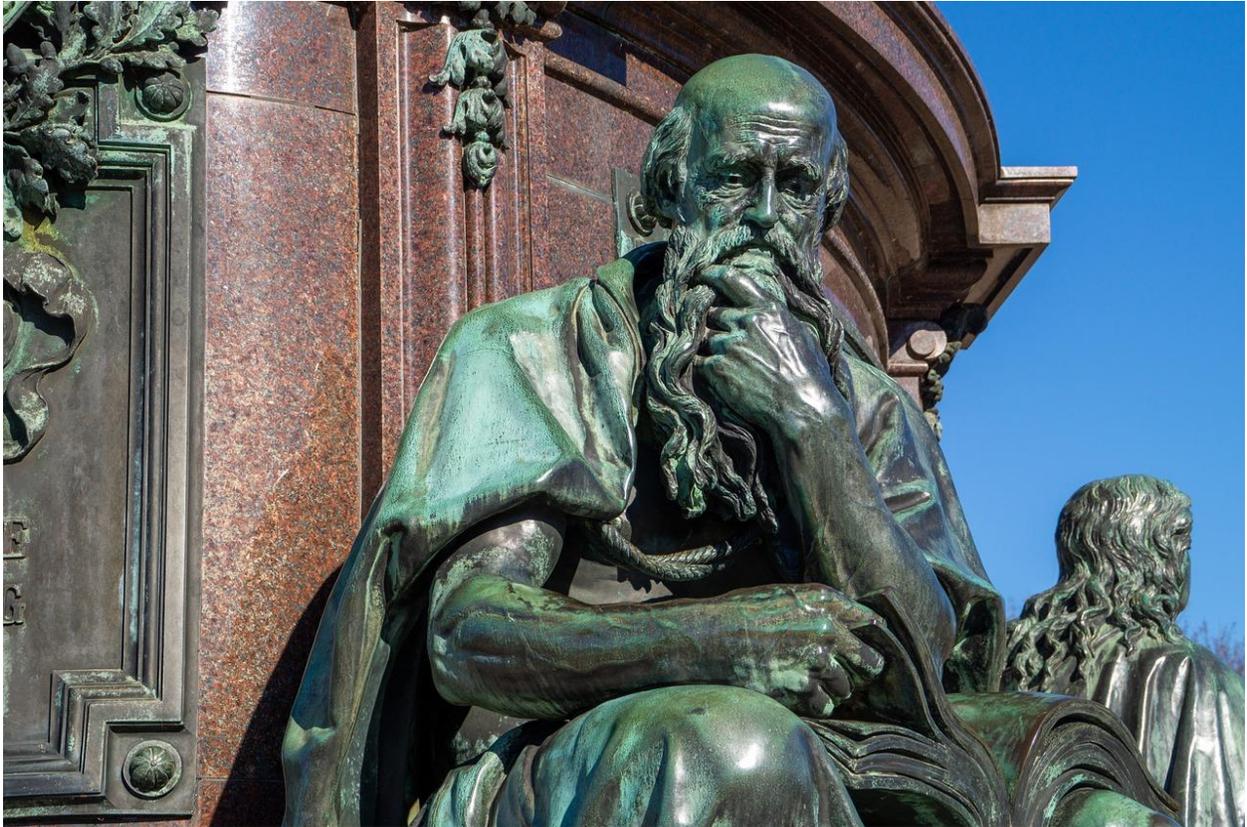
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Notes



Unconditional Thinker

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Make sure to answer the questions at the end and follow the instructions for submission!

One of the most common tendencies we share is seeking what's best for our survival and existence. We often search for safety and security. We all want to protect our loved ones and to be protected from the outside world and at the same time, we seek comfort and a sense of belonging.

In the pursuit of achieving what we all long for, we form a thought process that supports our best interests — we form a way of thinking. The thinking process is often based on experiences, reasoning, religious beliefs, etc.. Sometimes we unconsciously pick thoughts that influence our way of thinking.

Our thinking process not only shapes our lives but also plays a crucial role in determining our actions. One can easily observe a difference between the lives of an optimist and a pessimist. One can also spot differences between the lives of a violent and non-violent person. No two lives are the same because of the difference between the way of thinking.

While our way of thinking helps us learn, plan, define, reflect, and make decisions, the problem arises when our thoughts become facts. When we fixate on a particular thought then this thought cannot be altered no matter what. The problem arises when you become an unconditional thinker.

You may have heard people say, “the Earth is flat” or “Vaccines don’t work,” despite the fact that research is widely available to support that these statements are untrue, some people believe them to be facts. They are not willing to accept any other explanation. They are not even willing to consider ideas opposite to their beliefs.

This is unconditional. For an unconditional thinker, the world is either black or white. It's either good or bad, things are either right or wrong and there is no room for any grey area.

The thinking of an unconditional thinker gives birth to a rigid thought process. They resist change, new ideas, deny established facts, and often, a new thought or new way imposes serious threats to their beliefs. Since they become so confined in their own world, they not only set unrealistic expectations for themselves but also for others. They project their unconditional thinking on others, and they unconsciously distance themselves.

“I am extremely socially awkward,” “My life is ruined,” “You should always follow my instructions,” or “You must avoid that project no matter what,” are examples of unconditional thinking.

Why unconditional thinking is harmful?

Sometimes, it might seem like unconditional thinking is helpful. It might enable us to generalize things, form stereotypes and by helping us differentiate between good and bad, it's making our lives easier. But the reality is different.

An unconditional thinker confines themselves to a set of very limited ideas and thoughts. When they encounter new ways, get introduced to new thoughts and ideas or face a situation that doesn't align with them, they feel attacked. Sometimes the unconditional thinking serves as a cornerstone for biases, prejudice, and even discrimination.

In 1984, Susan Fiske, an American psychologist coined the term “The cognitive miser.” She described it as humans, we all have a tendency of seeking the most convenient ways. We try to avoid anything that requires effort, and we choose to stick to our biases. We form habits and we stick to them because it’s easy and accepting change is hard.

Isn’t it true that after some time we all become so comfortable with our own biases and stereotypes that we incorporate them into our comfort zone? Can you ditch a stereotype that you’ve been holding for years?

As unconditional thinking develops further, it starts affecting our relationships, goals, and health, as well as fundamental areas of our lives.

Our tendency of seeking easy ways to make our lives easier actually makes our lives harder. An unconditional thinker not only labels others but also labels himself. He is either a successful person or a failure, either a bad person or a good person, either a good parent or a bad parent. And there is no middle ground.

Now think about some of the most successful people you've met in your life. Think about those who are always thriving no matter what. Are they also unconditional thinkers?

We all have met people who are highly flexible. These people don't seem to be affected by anything and it seems like they have never experienced any misfortune in their lives. But misfortunes take place in everyone’s life. So how is that possible?

The difference between these people and unconditional thinkers is that of a flexible outlook. Flexible thinkers are always welcoming to new ideas, and they ditch and adopt new thoughts easily. Even in case of bad experiences they never fixate on negative thoughts, and they let things go once they are out of that situation. Their flexible outlook helps them adjust and adapt to the situation, which further helps them learn and grow.

If unconditional thinking causes more damage than good, wouldn’t it be beneficial to take an alternate path?

Overcoming unconditional thinking

These simple steps can help you overcome unconditional thinking. But before we begin, a disclaimer; it won’t happen overnight. It's important to understand that change is going to be hard, but you don’t have to be hard on yourself. Take it easy, take baby steps.

Talk positively: Not only to others but also to yourself. Instead of labeling others and yourself, talk to yourself politely and lovingly. Tell yourself that it’s OK to not be perfect and it’s OK to make mistakes. You are also human just like everyone else.

Be empathetic: Before projecting your beliefs on others, ask yourself, how would you feel if someone did the same to you? How would you feel if someone tried to restrict you or label you based on their beliefs?

Explore more: Give yourself the freedom to explore a situation from different perspectives. Allow yourself to witness alternate aspects and allow yourself to take diverse paths. It will be hard at first, you might feel restricted, but give yourself some time and be patient. There is no need to rush.

Seek support: If you find yourself fixating on an idea or magnifying a problem, talk to someone you trust. Ask them how you can lessen the impact of the situation.

Do you struggle with unconditional thinking? How has overcoming unconditional thinking improved your life? Share your story with us in the Forums!

Our advice is for you to practice open mindedness for at least a week. Tell others around you to point out any event in which you didn't. Have them hold you accountable. Visit the Forum and do a CONFESSION.

What is a Confession? *A Confession is when you've displayed a wrong behavior and were held accountable by one of your family members, peers, or even yourself.* Visit the Forum and tell us about it. We will give you feedback! Make sure to watch the video about Confession for more details! Furthermore, become a member of the Forum and give feedback to others!

Read the article? Time for introspection!

Please answer the following:

1. Have you also transformed your thoughts into hard facts? What are those thoughts? How are these hard facts affecting your life?
2. Would you say you are an unconditional thinker? How do you feel when you get exposed to diverse perspectives and new ideas?
3. Do you welcome change, or do you resist it?

4. What steps are you taking to overcome unconditional thinking? What challenges are you facing while doing so?

The essay

Please write an essay, up to two pages, about a past experience you had unconditional thinking. Tell us in detail, who, what, when, where, why, to whom, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you.

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Blaming Others

by: George Tannous, PhD

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It always feels great when we get credit for accomplishing something. It's always a wonderful feeling when someone appreciates our efforts and hard work. When we receive praise for accomplishing a task or achieving a goal we experience this huge wave of positive emotions that motivates us to do even more, and all of a sudden, the world becomes a better place for us.

But what happens when things go wrong? What happens when things don't go as we want them to go? What happens when we are unsuccessful in accomplishing our goals?

While some people prefer to take responsibility and take action to rectify the situation, some people engage in pointing fingers. Some people prefer playing the blame game.

It's always tempting to blame someone else for your actions. That's why so many people do it. They do something wrong, and they immediately start looking for someone they can put the blame on. But as this behavior continues, it soon transforms into a habit. A habit that keeps you from learning and exploring the other aspects of the problematic situations; the aspects that involve solutions. Hence, after fully developing, this habit gradually starts backfiring.

Types of Blamers

We all have been guilty of putting the blame on others. At some point in our lives we all have indulged in the blame game. But the problem arises when a person becomes a chronic blamer. When a person deliberately starts looking for someone he can conveniently place the blame on.

After placing the blame on someone else, a person might feel free from his responsibilities. Things might seem under control for a while. But with time, he realizes that he has blocked the path to learning and improving. As he becomes more used to tossing his responsibilities on others instead of becoming solution-oriented, he becomes problem-oriented.

Some people blame others while others blame themselves. *I forgot to turn off the stove, how can I be so reckless? It's my fault we didn't get the contract, if only I had worked harder. How can I be such a bad parent? I am 20 minutes late for picking up my daughter.* Don't these statements sound draining? Imagine doing this to yourself over and over again every single day.

Why Do We Blame?

People who blame others have various reasons they play the blame game. Some people don't want to admit that, just like others, they also make mistakes. For them, being right is more important. Some people blame others because they don't want to take responsibility for their actions. They don't want to admit that they made a mistake because they don't want to face the consequences. One of the driving emotions for these people is fear. It's important to understand that it's completely fine to be scared at times but tossing the blame on others is not.

Some people have other motives to play the blame game. Some people blame others to manipulate. Some people blame others repeatedly to control them. When they

repeatedly accuse others of minor things, the people being blamed can lose power, they begin to give in and start believing the blamers.

Another reason avid blamers play the blame game is to show themselves in a good light. They put blame on others to degrade them so that they can get a chance to shine, to be appreciated.

While some blame others, some rely on self-blame. Self-blame is common among people with abusive pasts and people who suffer from depression and anxiety. They magnify everything they do and micromanage all of their actions. Self-blame not only clouds the vision but also drags a person into an endless spiral of blaming himself.

While acknowledging your mistakes to make improvements is a great way to take something positive from every situation, blaming yourself over and over again and shaming yourself for not being perfect is a form of self-abuse.

How to Overcome this Habit

Can you play a game that keeps going on, one that never ends? A game in which no one ever wins. That's what the blame game is. A never-ending game that is exhausting and draining. This destructive habit not only has the power to make you bitter but also has the power of ruining your relationships.

To overcome this habit, it's important to understand that you'll be in many situations where you'll be tempted to blame others or yourself. There will be always an opportunity to excuse yourself or accuse yourself.

The following steps can be taken to overcome the habit of blaming others:

Acknowledge: It's important to keep track of your behavior when something goes wrong or you make a mistake. Keeping a check on yourself can help you recognize what makes you put the blame on others. Is it fear? Do you have a motive? Is it the consequences that you are trying to avoid? A little introspection can take you a long way.

Practice empathy: When you put the blame on others, they face the consequences of your actions. They suffer on your behalf. Is that fair? How would you feel if someone puts the blame on you? How would you feel if you were forced to face the consequences of somebody else's actions? If it wouldn't be fair to you, how can it be fair to them?

Tell yourself that it's OK: You don't have to be right all the time. It's OK to be wrong. You don't have to be perfect all the time, it's OK to make mistakes. Making mistakes doesn't make you any smaller, it gives you an opportunity to learn and become better. It's OK to make mistakes and it's certainly OK if you are wrong sometimes.

Apologize: Sometimes, a sincere apology neutralizes the situation. When you apologize it tells people that you acknowledge your mistakes and now you are ready to make amendments. So next time you get into a messy situation, say you are sorry, and you are willing to make things right.

Take action: While blaming makes you problem-oriented, taking action makes you solution-oriented. So next time, instead of blaming, take action. Ask yourself what can be done to resolve the situation, then go ahead and do it.

For people who blame themselves, it's important to practice self-compassion. It's important for them to know that not everything is their fault and even if things are not going their way, it's OK. You don't have to blame yourself and certainly, you don't have to shame yourself.

In cases of self-blame, talking back to the overly critical voice can make a difference. Tell the voice it was not your fault; defend yourself and take a stand for yourself. Do not give in and do not surrender to the voice that puts the blame on you. With time, as you start doing this, the voice will start getting weaker.

The essay

Please write an essay, up to two pages, about a past experience you or someone you know had when you blamed others. Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

Our advice is for you to practice “Not Blaming” for at least a week. Tell others around you to point out any event in which you didn't. Have them hold you accountable. Visit the “Forum” and do a “CONFESSION”.

What is a “CONFESSION”? A CONFESSION IS WHEN YOU'VE DISPLAYED A WRONG BEHAVIOR AND WERE HELD ACCOUNTABLE BY ONE OF YOUR FAMILY MEMBERS, PEERS, OR EVEN BY YOU. VISIT THE “FORUM” AND TELL US ABOUT IT. WE WILL GIVE YOU FEEDBACK! MAKE SURE TO WATCH THE VIDEO ABOUT “CONFESSION” FOR MORE DETAILS! **FURTHERMORE, BECOME A MEMBER OF THE FORUM AND GIVE FEEDBACK TO OTHERS. “That’s how you gain practice in becoming a CERTIFIED LIFE COACH!**

Read the article? Time for introspection!

Please answer the following:

1. Do you also find yourself pointing fingers at people when things don't work out for you? Why do you think you do that?
2. How do you feel after placing the blame on someone else? Would you say you feel liberated from your responsibilities?
3. Do you blame yourself repeatedly when things don't go as planned? How does it make you feel?
4. How do you break the vicious cycle of blaming yourself?
5. What steps do you take to avoid blaming others? How do you take the responsibility for your own actions?

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Notes



You Should

by: *George Tannous, PhD*

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Make sure to answer the questions at the end and follow the instructions for submission!

There are words that have permanently acquired a place in our vocabulary. Consciously, and sometimes unconsciously, we use these words without giving much thought about their impact in our daily lives.

One of the words is “should.” We use the word “should” multiple times in a day. “I should be studying for the big test,” “I should be more socially active,” “I should lose some weight”, are examples how we use the word “should” to sometimes motivate ourselves and keep ourselves focused to accomplish something. But does it work? Often it doesn't; frequently it backfires.

Not only do we use this word with ourselves, but with others, too. “You should complete this project by the evening,” “You should be home by 11 p.m.,” “You should exercise more.” Do you see a pattern here?

So, what's exactly wrong with using the word "should"? Why do we recommend you avoid using the word "should"?

Reasons to avoid using the word “should”

When we use the word “should,” it automatically implies that we do not accept things the way they are. There is something missing or there is something that we are not OK with. When you say that “I should lose weight,” it implies that you do not accept or admire yourself the way you are.

This doesn't stay confined to only you. When you tell people that they “should” be doing something, it again automatically implies that whatever they've done so far is not good enough.

Following are a few reasons to ditch the word “should”:

“Should” implies you aren't good enough: When we say, “I should do something,” it by default implies that whatever your current situation is, it's not good enough. “I should apply for that job,” implies that your current job is not good enough for you, “I should move to another house,” implies that the house you are living in is not good enough. When you are unconsciously repeating to yourself that your current state is not good enough, won't it make your life harder if you have to be in that state for a specific time?

“Should” brings bitterness in relationships: Every relationship comes with their own set of expectations. And it's OK to expect that to some extent. But when you use the word “should” in your relationships, you start dictating others how you would like things to be. Something not good for your relationships.

“Should” promotes criticism: When you use “should,” either with yourself or with someone else, it shifts focus from improvement and promotes criticism. You might think that when you say “I should lose more weight,” it implies that you are trying to improve your current state but it often implies that you're not happy with yourself and you'll become happy only if you lose some weight.

“Should” devalues efforts: Imagine telling your wife, “You should cook more often,” or telling your husband “You should get a better job.” You see how both sentences undermine the efforts of both people? Your heart might be in the right place, maybe you are trying to tell your wife that her cooking is fabulous and that's why you want her to

cook more often, or maybe you want to inform your husband about this amazing job opportunity. But by using the word “should,” the conversation gets sidetracked and the person is left with a feeling that his or her efforts are not enough. When we dictate to others what they should be doing, we are in a way disrespecting their efforts, their decisions, and their methods.

“Should” detaches you from reality: “I should have completed this work earlier,” or “I should complete this work.” Neither of these sentences talk about the actions you must take in the present. The first sentence takes you to the past — and you can’t go back. In the present, it makes you powerless. The second sentence talks about something that you expect to do, but again there is a chance you might not do it.

“Should” blocks self-compassion and acceptance: When you focus on “should,” it implies that you’ll be much happier with a version of yourself that lies somewhere in the future. You refuse to accept your reality because you yourself do not meet your own expectations. As a result, people beat themselves up, judge themselves, devalue themselves, and force themselves to do things they don’t want to do, which blocks self-compassion and acceptance.

“Should” induce stress and anxiety: When you use the word “should,” it binds you to do something. It binds you to take action. And when you are unable to take certain actions, it induces stress and anxiety because now you know what you expect from yourself and if you are not able to meet the expectations, you’re unable to accept yourself.

Overcoming the habit of using “should”

We bet it you’ve been surprised to learn the many drawbacks of using “should.” Had you ever imagined that a single word, one that we use so frequently can unconsciously cause so much damage?

The good thing is, it’s not difficult to replace the word “should.” The following steps will not only help you ditch this word but will also help you speak more positively.

Thinking before speaking: Many times, words just come out of our mouths, and we don’t analyze what we’re saying. Taking a pause and thinking about what we are going to say makes a huge difference in our daily dialogues.

Replace “should”: Whenever you feel like using the word “should,” try to think of an alternative. “Should” can be replaced with more constructive words like, “I want to,” “I could,” or “It would be great.”

Become goal-oriented: Instead of trapping yourself by using “should,” focus on the goals. Why do you want to do something? Focus on that. “I want to get that job because I want to enhance my income,” “I want to lose weight because I want to feel great and be more active,” “I want to become more social because meeting new people will help me grow.”

So how has replacing “should” changed your life? How has ditching this one word improved your current state?

The essay

Please write an essay, up to two pages, about a past experience you or someone you know had when you used the word should. Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

Our advice is for you to practice “Not Using the Word Should” for at least a week. Tell others around you to point out any event in which you didn’t. Have them hold you accountable. Visit the “Forum” and do a “CONFESSION”.

What is a “CONFESSION”? A CONFESSION IS WHEN YOU’VE DISPLAYED A WRONG BEHAVIOR AND WERE HELD ACCOUNTABLE BY ONE OF YOUR FAMILY MEMBERS, PEERS, OR EVEN BY YOU. VISIT THE “FORUM” AND TELL US ABOUT IT. WE WILL GIVE YOU FEEDBACK! MAKE SURE TO WATCH THE VIDEO ABOUT “CONFESSION” FOR MORE DETAILS! **FURTHERMORE, BECOME A MEMBER OF THE FORUM AND GIVE FEEDBACK TO OTHERS. “That’s how you gain practice in becoming a CERTIFIED LIFE COACH!**

Read the article? Time for introspection!

Please answer the following:

1. How often do you use the word “should” on a daily basis?
2. How do you feel when you use the word “should”? How positive do you feel about it?
3. How do you feel when someone tells you that you “should” do something? Do you feel pressured?
4. After reading the article, would you say that you would like to eliminate using “should”?

5. What steps are you planning to take to minimize the use of “should”?

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Notes



I Can't

by: *George Tannous, PhD*

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I Can't: From childhood we are taught to think positively. As we grow up we encounter this concept over and over again. We see it on the television, we hear it on the radio, and we read it in spiritual magazines. But there are two words that still belong to our vocabulary. It doesn't matter how positive or optimistic we are, there are two words we often use: the words are "I can't."

We all are guilty of using these words. At some point in our lives, we all have used them for different reasons. Sometimes, we use them as an excuse and sometimes they are the result of our mindset. So how do these words impact our lives?

The impact of “I can’t”

When we say I can’t, we rob ourselves of opportunities. Opportunities of stepping out of our comfort zone, facing our fears, or experiencing something new. We often pull ourselves back when life renders us opportunities to learn and grow.

Sometimes, even when we are capable, qualified or curious, we restrict ourselves. We put barriers around ourselves and quickly start seeking refuge. And the easiest way of staying inside the comfort zone is to say, “I can’t.”

It might seem like saying I can’t is making life simpler, but if you look closely, it’s tying you down. Just because we don’t want to invite change, we use these words as an excuse to escape.

I can’t go back to college because it’s too late for me; I can’t apply for that job because I don’t have the adequate skills; I can’t quit drinking because my father was an alcoholic; I can’t lose weight because obesity is a common problem in my family.

Why do we do this to ourselves? Why do we put barricades in front of our progress?

Reasons behind the “I can’t” mindset

There are many reasons why we use these words. At the start the reasons are obvious, but as we progress in our lives and start using these words as our go-to response, the reasons get masked. But digging deeper has always been the key to self-improvement and revealing these reasons will help us see clearly why exactly we are holding ourselves back.

Inability to accept change: When we get used to our comfort zone, change becomes challenging. Getting out of our comfort zone can seem frightening and hence we decide to stay confined.

Low confidence: Believing in us has always been the primary factor for achieving goals. But when our beliefs are shaky and we can’t count on ourselves, we make excuses to hide from the situation.

Fear of failure: What if I fail? What if I don’t get selected in that job interview? What if I relapse after quitting alcohol? What if my new relationship fails like the previous one? We all are afraid of something, but letting fear take control and determine our actions is always destructive.

Low self-esteem: I am not good enough for that job. She is so out of my league. I won’t be able to pass that exam. I have always been a failure. These are some examples of low self-esteem.

When you make yourself feel that you are not worthy of something or someone you use the words “I can’t” to save yourself the pain of rejection.

Consequently, to avoid these situations, instead of facing our demons and destroying them once and for all, we say “I can’t.”

Imagine if we all could muster up the courage to face these demons. If we could say yes to life and to new experiences. Wouldn’t it be wonderful to remove these limitations and barricades and free ourselves from the barriers we’ve created for ourselves?

Shifting the attitude

The good news is, yes! It is possible to remove limitations and free ourselves. But it requires practice. Practicing the following points will not only help you think more rationally but will also empower you to make better decisions and take control of your life. Changing your mindset may require some time but with patience and consistency, you’ll get there.

Recognize the reason: Ask yourself why you are trying to avoid a situation by saying I can’t? Is it fear? Is it laziness? Is it because you think you’re not good enough? Sometimes random thoughts leave a lasting impression on our mindset and these thoughts start playing a crucial role in our lives. So, it’s important to introspect and dig out the reasons that hold you back.

Face your demons: Most of the time we try our best to avoid doing things just because we are afraid of failure, embarrassment, shame, or guilt. It’s important to understand that just like other emotional states, fear is also temporary. So, your decisions and actions that can cause a positive and permanent change in your life should not depend on something temporary.

Give yourself clear goals: One of the best ways of giving yourself a direction is to give yourself clear goals. When you have a clear roadmap and you know where you are going, you ditch the excuses and you become action oriented.

Motivate yourself to explore: Keeping an open mind is another way that helps in changing the mindset. When you approach a situation with an open mind, you become willing to explore different aspects of it. Instead of becoming crippled by fear, you arm yourself with curiosity. Even if things don’t work out, you understand that it’s not the end of the world. There are still more options that you can explore and there are many opportunities to learn.

Focus on the bigger picture: What if you got that job? What if you got into that college? What if that girl said yes? There is always a possibility that things will work out

in your favor. And unless you give it a shot, you'll never know. So, focus on the bigger picture instead of seeing just a small part of it.

Another great way of shifting your attitude is to say, "I choose not to." When you say I choose not to instead of I can't, it empowers you. It implies that you have fully comprehended the situation—you know the pros and cons—and your decision is not based on low self-esteem or inadequacy. You simply don't want to participate in something. You know what you want, and there is nothing wrong with that. In this case, you are not making an excuse; you are making a conscious choice.

The essay

Please write an essay, up to two pages, about a past experience you or someone you know struggled with "I can't". Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **"Forums"**

Our advice is for you to practice "Not saying or thinking I can't" for at least a week. Tell others around you to point out any event in which you didn't. Have them hold you accountable. Visit the "Forum" and do a "CONFESSION".

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Read the article? Time for introspection!

Please answer the following:

1. Have you ever told yourself that "you can't"? How has it affected your life?
2. How many opportunities have you missed because you thought you "could not"? Do you still regret those?
3. Do you doubt yourself when you face new situations?
4. What steps do you take to conquer your fears and to transition from "I can't" to "I can"?
5. How has cultivating the habit of saying "I can" changed your life?



Grandiose Questions

by: *George Tannous, PhD*

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Every conversation that we have on day-to-day basis can be split into many parts. Proposing, influencing, persuading, informing, and exchanging ideas are some of the aspects of every conversation that we engage in. But there is one more aspect that plays a crucial role. An aspect of any conversation that helps us dig deeper and gain valuable insights.

The aspect of asking questions

Many philosophers and scientists spend their whole lives asking questions and seeking answers. Many great discoveries and inventions were a result of asking a simple question. Asking questions not only helps us move forward and figure things out but also opens our eyes to new ideas and possibilities. Asking questions helps you solve problems, helps you acquire knowledge, and helps you lead a fulfilling and happier life.

But what happens when the questions are used for wicked purposes? What happens when instead of enlightening ourselves and others we use questions to put others down?

We all have heard and used grandiose questions from time to time. Sometimes unintentionally and sometimes intentionally. We use grandiose questions to persuade, influence, and sometimes just to create an effect. But while using grandiose questions, do we seek answers from the listener? No, we don't.

When a teacher asks, "How many times do I need to show you how to solve this simple equation?" she is not seeking the answer from her student, instead, she is emphasizing that she is tired of teaching the same equation to the student again and again. We use these grandiose questions all the time. Sometimes in the workplace during a meeting, sometimes in school, sometimes during a presentation, and sometimes during a discussion to prove a point or win an argument.

We forget how aggressive these questions can be. They are not only capable of putting others down but also hurting them badly. We often end up ignoring their impact on others as well as on our relationships when we casually slip these questions into our day-to-day conversations.

The purpose of grandiose questions is not to seek a response or solve a problem but to mask. We usually use grandiose questions to disguise insults or make aggressive statements. Grandiose questions are often used to put others down or to justify your views.

But if grandiose questions cause so much damage to people, why do we use them in the first place? Why do we feel the need to use them in our day-to-day life?

Why do we use grandiose questions?

In modern times, thanks to social media and online platforms, almost everyone has an opportunity to express themselves. While these platforms can be used for promoting great ideas, they can also be used to promote verbal violence. Some people are using the power of social media, making sarcastic comments and insults to acquire some spotlight for themselves.

While adopting sarcasm and insults in the form of grandiose questions might sound tempting to the some, the question arises, is this the kind of society we want to have where people take shots at each other and mask them in the most convenient way possible? Where people are inconsiderate of each other's emotions and feelings, where proving a point is more important than everything else?

Impact of grandiose questions

When grandiose questions are used to mask put-downs and insults, they take a toll on your relationships. Some people use grandiose questions so often they don't even realize that they're being hurtful and aggressive.

Some of the impacts of grandiose questions are as follows:

Ruins relationships: Would you like to hang out with someone who always picks on you? Would you like to spend your precious time with people who are always putting you down? No, I don't think you would. Grandiose questions that mask put-downs and insults can be overlooked a occasionally, but when the person on the receiving end faces the same set of questions again and again, it becomes natural for them to start distancing themselves from you.

Makes you inconsiderate: Masking grandiose questions might make you sound clever or witty for a while, but in the long run, it promotes unhealthy behavior. When people incorporate this unhealthy habit, they start to become insensitive to the emotions and feelings of other people.

Promotes aggressive behavior: People who use grandiose questions might come across as funny and might enjoy the spotlight from time to time. But as using grandiose questions becomes a habit, people often start making hurtful statements. As the person starts indulging in the destructive habit of using grandiose questions often, over time, it promotes aggressive behavior.

If a simple set of questions can inflict pain on others and can damage relationships, wouldn't it be better to ditch this unhealthy habit?

How to stop using grandiose questions

Even though you'll find grandiose questions in many conversations, it doesn't mean you have to even out the score. We are often tempted to use sarcasm and put-downs and mask them with grandiose questions. The key is to control the urge and to be mindful of your dialogue with others. The following steps can help you in ditching the habit of using grandiose questions.

Be cautious: Instead of speaking your mind, repeat whatever you are planning to say out loud in your head. Not only will this habit help you analyze your dialogue but will also help you to be mindful of what you are going to say.

Maintain a journal: Journals can be a great way of keeping track of your thoughts. Count the number of times you feel tempted to use a grandiose question that can be hurtful to others or to yourself.

Practice empathy: How would you feel if someone was constantly taunting you for petty stuff? Would you be able to put up with the disrespect? If not, then how can others? Practice walking in the shoes of others, try to understand what they go through when they receive your grandiose questions.

The essay

Please write an essay, up to two pages, about a past experience you or someone you know displayed a grandiose attitude. Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

Our advice is for you to practice “Not Being Grandiose” for at least a week. Tell others around you to point out any event in which you didn’t. Have them hold you accountable. Visit the “Forum” and do a “CONFESSION”.

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Read the article? Time for introspection!

Please answer the following:

1. Do you also make use of grandiose questions to put others down? Why do you think you do that?
2. How do you feel when someone uses grandiose questions to express aggression?

3. What negative impacts do you think grandiose questions have?
4. Would you encourage the use of grandiose questions in workplace or home? Why? Why not?
5. What steps would you take to overcome using grandiose questions?

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Notes



It's Them

by: *George Tannous, PhD*

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Have you ever felt sadness because of someone else's actions? Have you ever taken guilt trips because of harsh words spoken by others? Have you ever felt shackled down or restricted when it comes to your needs in a relationship? Do you find yourself pointing fingers at others because they make you feel a certain way? If yes, then you've given your personal power to someone else.

“All problems are interpersonal relationships.” This statement was made by Alfred Adler, the founder of Adlerian psychology. And if you'll think about it, you'll find it to be true. Most of our problems are based on our interpersonal relationships. You don't like

going to work because your manager isn't good to you, you dread spending time at home because your spouse is hurtful, your mind keeps racing because your relationship with your girlfriend/boyfriend is complicated and unpredictable, or you feel lonely because you don't have the right people around you who understand and appreciate you for who you are.

Whenever you are stuck in such a situation, if you start connecting the dots, they'll lead you to one of your interpersonal relationships.

Few can live all alone, after all, we humans are social beings, but sometimes our relationships come with a price. A price that we all pay from time to time. While having relationships makes our lives richer and happier, they sometimes also make our lives harder. Our relationships can sometimes give us pain, they can cause us stress and emotional trauma. It's important to understand that all relationships from time to time do this and hence creating a balance becomes crucial.

But the problems arise when we lose control, when we give into relationships. When we give in to their demands, their preferences, we lose ourselves in the process of maintaining a relationship. Sometimes we give up on our preferences while dating, sometimes we try our best to please our parents, and sometimes we aren't able to say no to our children—even when we want to.

We try to mold ourselves to fit the expectations of others. We force ourselves to change our ways, we ignore our own needs, we put up with unnecessary expectations and when this happens, we give others power over us.

But why do we do it?

When we give others power over us, it not only makes our lives harder but also takes a toll on our attitude towards life. There are many reasons why we sometimes consciously or unconsciously give our power to others. But whatever the reason is, the consequences can be brutal. The following are some of the reasons why we do it:

Lack of self-confidence: We often give away our power when we don't feel confident, competent, or comfortable with a situation. Relying on others can seem like an easy solution but as this habit develops further, we start giving up our power often and start relying on others to make decisions for us.

Life situations: Everyone goes through tough times and there is nothing wrong with reaching out to people for help. But when these life situations become our identity or when they start defining us, we begin relying on others for the solution. Sometimes

during difficult times, we accept whatever is thrown at us because we need help desperately. But is it worth it?

Lack of self-love: We often put up with mistreatment when we are not aware of how we deserve to be treated.

We want to be accepted: During the initial stages of a relationship, we often fear rejection. And in order to be accepted we avoid setting healthy boundaries.

We don't want to take responsibility: Many people run away from making decisions. Taking control of their lives is not their cup of tea. Why? Because when others make decisions for them, it becomes easy to point fingers and play the blame game.

How giving others power impacts our lives.

When we give others power over us, it not only influences our actions, but it also affects us emotionally. We might complain about how others make us feel sad or angry, we often judge ourselves by the labels others put on us and end up blaming others for our emotional traumas and behavior. When we give our power away, we allow others to decide our self-worth and make decisions for us. As time passes by and the person fails to set healthy boundaries, the person loses confidence, starts lacking self-esteem and becomes overly dependent on the opinion of others. The actions of others start paving the route of the person's life.

Taking back the power.

Imagine being free from all the labels, imagine being independent of the opinion of others, imagine being able to make firm decisions, breaking away, and redefining your standards. Imagine taking back control and deciding a new path for yourself. Wouldn't it be great?

The good news is that you can stop giving power over you to others with some simple steps. Implementing these steps will take some work and will require some courage, but in the end, you'll find yourself with healthier relationships that empower you.

Identify bitter people in your life: We all have met people who yell and scream at others on the top of their lungs. They inflict the pain on others without being aware of the consequences. The good news is, it's not always about you. Identifying bitter people and maintaining a healthy distance can actually help you gain some fresh perspective about yourself.

Set healthy boundaries: When you create healthy boundaries your relationships become blessings instead of burdens. Boundaries help you decide what's OK with you

and what's not. When you are firm with your boundaries, people not only respect them but also your needs in a relationship are met.

Make your own decisions: Taking advice is one thing, relying on others to make decisions for you is quite another. It's important to understand that at the end of the day, what you comply with will shape your life, so taking back control and making your own decisions can bring significant positive changes to your life.

Introspect: Introspection plays a crucial role when it comes to making positive changes in your life. Introspecting helps you know yourself better. Knowing what presses your buttons, what pushes you, what makes you feel guilty or angry, and knowing how the behavior of others influences you can help you get better control over your emotions.

Refrain from playing the blame game: Blaming others might feel good for a little while but in the long run, it takes a toll on you personally, professionally, and emotionally. When you play the blame game, it not only makes you a victim, but it also snatches away your power to bring positive changes in your life. On the other hand, when you take the responsibility, it helps you learn. Hence, instead of seeking people to pass the blame onto, making efforts to take responsibility for your actions will help you grow.

So how has giving others power left an impact on your life? And how has taking it back have brought positive changes?

The essay

Please write an essay, up to two pages, about a past experience you or someone you know had when you blamed them, he, she, it! Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

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Read the article? Time for introspection!

Please answer the following:

1. Do you compromise on your needs to fulfill other people’s expectations?
2. Would you say you treat yourself well? Do you feel your needs are being fulfilled?
3. Do you hesitate while setting boundaries? Why? What holds you back?
4. Do others decide your worth? Why do you think you’ve given that power to them?
5. Would you like to be liberated from the labels others put on you? What steps are you planning to take to make amendments in your life?

Sources

<https://www.businessinsider.in/slideshows/miscellaneous/10-ways-to-stop-giving-people-power-over-you-according-to-a-psychotherapist/slidelist/73175248.cms#slideid=73175253>

<https://inlpcenter.org/everyone-tries-to-control-me/>

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Notes



Loaded Words

by: George Tannous, PhD

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Make sure to answer the questions at the end and follow the instructions for submission!

What are “Loaded Words”? Loaded words are words people use to try to persuade, manipulate, and convince a person of something. It is said that your tongue is one of the most powerful weapons. Your words hold the power of building someone up or tearing them down.

In the Bible we are told that the tongue cuts like a double-edged sword. While it is always encouraged to indulge in healthy dialogue, we often find ourselves using words that do more damage than good.

Modern times and recent trends strongly advocate the phrase “speak your mind.” Words do render us the ability to express ourselves effectively, but the latest trends and social media have strongly started to stress the use of curse words, swearing, and loaded words. It's no doubt that the trend has spread like a wildfire and more and more people are adopting the use of loaded words in their daily lives. It might seem great in the beginning, but as the use of loaded words becomes a habit, it eventually backfires.

When you hear people conversing with loaded words, how do you feel? When you heard your very first loaded word, what was your reaction? We bet you might have felt shocked, disgusted or you might have even cringed. But slowly and gradually you started repeating those words over and over again inside your head and one day it finally came out of your mouth.

Once loaded words become a part of your vocabulary, you just use them in normal conversation. And you use them so often that they lose their original meaning to you, but the impact remains the same.

Why we use loaded words?

During our childhood days, our teachers and parents taught us not to swear or use loaded words. Respectful language and wholesome words were encouraged and the language containing loaded words was frowned upon. In some homes, we had “swear jars” just to show us that using offensive language was bad manners.

Even though nobody taught us to use loaded words we learned them anyway. But what was the need for learning this foul language? Were fewer offensive words in the English language not good enough?

There are many explanations why we use loaded words. One of the most common reasons is to express anger, frustration, envy, fear, or disgust. Using loaded words or offensive language frees us from these emotions and we feel relieved when we dump our emotions on others.

But do you think that the language that originates from so many negative emotions can lead to something positive? You might feel great after expressing yourself using loaded words but do others feel the same?

Reasons to avoid loaded words

Using loaded words might make you initially feel better but most of the time, the person on the receiving end gets burned. Offensive language not only disrupts conversations

but also leaves other people feeling degraded. Here are some reasons why we all should consider eliminating the use of loaded words:

Tests relationships: When we get comfortable with using loaded words we start using them during every conversation. We use them in a friendly manner, we use them to express surprise, and sometimes we use them just for fun. But imagine you are having a heated discussion with a loved one and you are trying to make a point. Will you be able to hold back? What will happen if you blurt out loaded words just to win the argument? We bet your relationships will be put to test.

Negatively influence people: Imagine one of your coworkers is a star performer of your organization. Everyone knows about her achievements, her exceptional methods and her positive attitude toward her work. Her achievements are always applauded and your boss just can't stop praising her. But imagine if someone decides to label her as a bootlicker, a doormat or a minion. Some people might decide to brush the harsh labels off but, some people might take it seriously. Even after being the hardest worker in the room, her work gets overshadowed with the harsh labels and these labels influence her coworkers negatively. Unfair, isn't it?

Creates conflict: The basic building block of any conversation is mutual respect. If you want to achieve something out of a conversation, there has to be respect involved. Using loaded words not only promotes a disrespectful attitude but also disrupts communication. Would you like to talk to a person who just curses to prove his point instead of having a conversation like an adult?

People stop taking you seriously: Have you ever wondered why educational institutions, workplaces, meetings, etc., prohibit loaded words? Why do these people recommend using a sophisticated language? Because when you use loaded words people stop taking you seriously. Would you value the opinion of a person who uses offensive language frequently? Would you like to talk to a person who just can't have a normal conversation without degrading someone?

We start degrading ourselves: When our dialogue becomes unhealthy with others, how can we have constructive conversations? When we use offensive words we start using the degrading language with ourselves too. We talk to ourselves harshly, make brutal remarks and instead of uplifting ourselves, we start degrading ourselves. In addition to this, when we use loaded words, we allow others to use the same kind of words with us. We don't realize that we are inviting offensive language and bad behavior in our lives unconsciously.

If using loaded words is so harmful, wouldn't it be great to break the habit?

How to stop using loaded words

For someone who has been using loaded words for years, it might feel impossible but the good news is, it's not. With a few simple steps, you can slowly, yet effectively, stop using them and start making constructive and positive conversations.

Know the value of your words: Always remind yourself that your words hold power. They are capable of doing harm and causing permanent damage.

Be mindful: While freedom of speech is great, it doesn't include offending and disrespecting others. There is a very fine line between the two and being mindful of boundaries can help you with avoiding loaded words.

Keep a journal: Maintaining a journal is an excellent way of keeping track of your words. Notice when you feel the urge to use loaded words, observe what triggers you to do so. Writing your thoughts in a journal can help you identify the areas that trigger you to use loaded words.

Patience is the key: Next time you are tempted to use foul language, stop! Take a pause. Breathe in and breathe out. Remind yourself that your journey to self-improvement is more important than indulging in unhealthy dialogue.

Replace your words: Replacing loaded words with wholesome words is another great way. If you Google it, there is a list of more than 100 words that can be replaced with better and healthy words.

Our advice is for you to practice "Not Using Loaded Words" for at least a week. Tell others around you to point out any event in which you didn't. Have them hold you accountable. Visit the Forum and do a CONFESSION.

What is a Confession? *A Confession is when you've displayed a wrong behavior and were held accountable by one of your family members, peers, or even yourself.* Visit the Forum and tell us about it. We will give you feedback! Make sure to watch the video about Confession for more details! Furthermore, become a member of the Forum and give feedback to others!

So how has avoiding loaded words changed your life? How did you improve your daily dialogue?

The essay

Please write an essay, up to two pages, about a past experience you or someone you know had when you used loaded words. Tell us in detail, who, what, when, where, why, to whom, the time,

the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

Our advice is for you to practice “Not Using Loaded Words” for at least a week. Tell others around you to point out any event in which you didn’t. Have them hold you accountable. Visit the “Forum” and do a “CONFESSION”.

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Read the article? Time for introspection!

Please answer the following:

1. Do you think swearing is justified when it comes to freedom of speech?
2. How often do you swear on a daily basis? Why do you think you feel the need for using loaded words?
3. How do you feel when your friends use loaded words to address or to poke fun at each other?
4. How has using loaded words impacted your relationships?
5. Do you think you should minimize the use of loaded words? If yes, what steps are you planning to take to overcome this habit?

Sources

<http://cusscontrol.com/tips1.html>

<https://lifestyle.allwomenstalk.com/reasons-to-stop-swearing/>

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Notes



Making Assumptions

By: George Tannous, PhD

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One of the greatest gifts we all share is the gift of curiosity. As humans we have always been curious about things and that's why we are the most advanced species on the planet. Our curiosity has always driven us to make our lives better, aim for more, know more and to achieve more.

But sometimes instead of making our lives better curiosity makes them harder. And it happens in such a way that we don't even realize that our curiosity is doing more damage than good.

In our day-to-day lives, we often become curious about things. A certain thought sparks our curiosity and as a result we start seeking answers. But when we are unable to find the answers, what do we do? Do we let it go? No, we don't. When we are unable to find

the appropriate answers, we start jumping to conclusions, we start building ideas around it and finally, we start making assumptions.

We fill in the blanks with our own thoughts that are based on our past experiences, our deductions, and our predictions, and we adopt the assumption as our reality.

“I can’t get a promotion because my skills are inadequate,” “I can’t get into that university because I suck at math,” “I can’t stay in this relationship because my husband doesn't love me anymore.” Just because of our assumptions, we hold ourselves back. We miss out on many opportunities, we doubt our relationships, and we fabricate conclusions inside our heads that not only impact our actions but also impact our lives. The problem arises when these assumptions become facts for us. When we start accepting these assumptions as our reality. But have you ever wondered why we make assumptions? Why do we accept half-truths? Let’s find out.

Why do we make assumptions?

There are many reasons we make assumptions. But whatever the reason, the impact of our assumptions remains the same. Here are a few reasons that explain why we make assumptions.

Laziness: Making assumptions takes out all the work. You don’t have to ask questions anymore, you don’t have to seek answers anymore, simple, right? Making assumptions give us an answer right away. It helps us connect the dots and figure things out on our own without much work.

We lack patience: Sometimes we just aren’t patient enough to wait for answers. Instead of approaching a situation constructively we find ourselves jumping to conclusions.

Instant gratification: Thanks to the modern marvels, we have gotten used to seeking instant gratification. And unfortunately, we apply the same principles to our lives. As a result, instead of searching and asking questions, we rush ourselves and accept half-truths as facts.

Making assumptions is easy: Last, but not least, making assumptions makes our lives easier. But does it though? No, it doesn't. But still, we prefer jumping to conclusions and accepting half-truths because at the time it seems like a good idea, but in the long run, it comes back to you.

Do you think conclusions originating from half-truths can lead to something positive? Have you ever wondered how our assumptions affect our lives?

Impact of assumptions in our lives

Making assumptions is one of the most common habits among people. We are always jumping to conclusions and making assumptions. But these assumptions and half-truths come back to us. Our eyes do open up after a while and the reality is often harsh.

Our assumptions feed different emotions. Some assumptions feed anger, some assumptions feed fear and some assumptions make us happy, but for how long?

“My wife has been texting a lot these days, I wonder if she is cheating in me,” “I can't appear in that test, I know the question will be difficult,” “I won't get that promotion because I was on leave for five days this month,” “She's so great, and it has been only two months since I met her but I know she is perfect for me.”

Our assumptions hold the power to give us false hope, high expectations, ruin our relationships and even cripple us. How many times have your assumptions held you back? How many times have you lost an opportunity just because of your assumptions? How many times have you made bad decisions because of the half-truths?

If our assumptions are doing more harm than good, wouldn't it be wise to put a halt on the habit of making assumptions?

How to avoid making assumptions

We all make assumptions every day. Our every thought is capable of pushing us to make assumptions. But with a few simple steps, you can stop the habit. But before we get started, it's important to understand that self-improvement takes time and patience. It's OK if you aren't able to ditch the habit right away. Move at your own pace but make sure you are moving forward.

Be conscious: Sometimes we make assumptions or accept half-truths unconsciously. We don't even realize when our thoughts get altered. Therefore, it is important to keep track of your thoughts and know when your mind is trying to make an assumption.

Ask questions: One of the best ways to eliminate assumptions and half-truths is to ask questions. Not only will asking questions satisfy your curiosity, it also helps you fill in the blanks with real answers and avoid assumptions.

Introspect: Whenever you catch yourself making an assumption ask yourself if you have all the facts. If so, great! If not, you need to do some searching.

Discuss: When you exchange your thoughts with other people, it gives you more clarity. Hence an open discussion can equip you with insights to help you avoid making assumptions.

Take notes: Taking notes or maintaining a journal is another great way of avoiding assumptions. Keeping track of the number of assumptions you make per day can give you valuable information about yourself as well as the situation.

So how has ditching the habit of making assumptions helped you? How has it changed your life?

The essay

Please write an essay, up to two pages, about a past experience you or someone you know had when you made an assumption decision. Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

Our advice is for you to practice “Not Making Assumptions” for at least a week. Tell others around you to point out any event in which you didn’t. Have them hold you accountable. Visit the “Forum” and do a “CONFESSION”.

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Read the article? Time for introspection!

Please answer the following: Do you also find yourself making assumptions when you fail to find answers? Would you say that limiting assumptions has negatively impacted your life? If yes, how?

1. Have you ever lost an opportunity, or have you ever felt crippled because of the assumptions that you have made?
2. Why do you think you jump to conclusions?
3. Would you say that ditching the habit of making assumptions is a good idea? If yes, what steps are you planning to take to overcome this habit?

Sources:

<https://fierceinc.com/blog/how-to-avoid-jumping-straight-to-assumption>

<https://www.purposefairy.com/86985/stop-making-assumptions/>

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Notes



Have to Need to, Must

by: *George Tannous, PhD*

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Nearly day we come across at least one task we dread. It's not that we are afraid of it, it's just that we don't like it. But still, we force ourselves to do it. We come up with all sorts of reasons to convince ourselves and when nothing works, we switch on our computers, go to YouTube and turn on inspirational videos and lectures by motivational gurus to complete that task.

But why do you think we force ourselves into doing this? Even though there is so much resistance, why can't we firmly say no to ourselves?

There are a lot of things and tasks we can't say no to. We can't say no to our jobs because we have bills to pay, we can't say no to debt because education is important, and we

can't say no to our mortgage because we need a roof over our heads. But there are many things to which we can say no to, but we don't.

Many times, we do things because of peer pressure, to please people and to get others to like and accept us. Sometimes we do things because we simply lack the ability to say no.

We all are guilty of doing some of the things listed above. We all have tried to force ourselves to do things we don't want to do just because we want to be accepted or we want to prove a point. But the problem arises when we overdo it — when we corner ourselves and deprive ourselves of choices. Problems arise when we use words like “must,” “need to,” and “have to” to push ourselves to achieve our goals.

But what's so different about these words? Don't we all use them every single day?

Need vs. want.

When you say, “I want to study hard to crack that test” or “I want to lose weight,” it not only gives you a positive goal but also gives you a choice. You might do it or you might not. There is no pressure. But whenever you decide to do it, the motivation will come from within. You won't have to use the external sources to push yourself, to pressure yourself, or to make you feel guilty.

When you keep a positive attitude you not only become fully engaged in the process, but you also enjoy doing it.

But what happens when you say, “I must work hard to crack that test” or “I have to lose weight”? Read these out loud. You see how forceful these sentences sound? When we use “must,” “have to,” or “need to” we label our desires as our needs and hence we end up restricting ourselves. We force ourselves to do things even when there is a fair amount of resistance from the inside. We talk ourselves into believing that the only way to achieve our goals is by making ourselves miserable. We often use the shiny reward to push ourselves and we tell ourselves that we have no choice. How many times have we made ourselves miserable by using these sentences? How many times have these words influenced our decisions?

Impact on our lives

When we confine ourselves and deprive ourselves of choices, we often end up getting stuck. “I must stay in this organization,” “I have to stay in this relationship,” “I need to have a drink in order to relax.” Not only do we end up with the wrong choices but also we stick to these choices because we force ourselves.

But why? Sometimes it's because of fear: "I must stay in this organization because if I leave, I might not be able to get another job." Sometimes pleasing others becomes more important than our own happiness: "I have to stay in this relationship because I don't want to hurt him." Sometimes we want to prove something to someone else: "I must work hard and crack that test otherwise everyone will think that I am a loser."

But do any of the reasons matter if you are choosing confinement over happiness? Is making yourself miserable worth it?

When you say, "I want to stay in this organization," "I want to stay in this relationship," or "I want to work hard for that test," just by modifying few words your intentions become clearer. You want to stay because it makes you happy, you feel delighted, and you see an opportunity or a bright future.

So, if just by altering a few words you can make such a huge difference, wouldn't it be great to refrain from using these words?

How to avoid using "Need to," "Have to," and "Must"

While it might take some time to remove these words from your vocabulary, taking small steps every day will certainly help. The key to stopping the use of these words is a bit of introspection paired with mindfulness.

The following steps will help you further in the process of having a healthy and positive conversation with yourself:

Define your values: Defining your values lets you know what's OK with you and what's not. Maintaining a journal is an excellent way of discovering and polishing your values. If you feel uncomfortable with being forced into something, write it down. Let yourself know that it's not OK. Tell yourself that you are not fine with it and you need to explore your options.

Will you regret this? When we confine ourselves, we also snatch away our freedom. And when we stay in the confined zone for a any length of time, we can get used to it. So used to it that it becomes our comfort zone, and we get accustomed to being mistreated by ourselves. Ask yourself, will you regret confining yourself? Will you regret doing something that you are forcing yourself to do right now? How will the choice that you make today impact your tomorrow?

Learn how to say no: While it's important to learn how to say no to others, it's also important to learn how to say no to yourself. There is nothing wrong with saying no. Being honest with yourself will not only help you make better decisions but will also give you clarity about the life you want to create for yourself.

You always have a choice: Whenever you feel stuck or confined, remind yourself that you always have a choice. It doesn't matter what others tell you, it doesn't matter what they think of you, it doesn't matter what others preach, the final word is always going to be yours.

The essay

Please write an essay, up to two pages, about a past experience you or someone you know used have to, need to must. Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you. Share your story in the **“Forums”**

Our advice is for you to practice “Not using have to need to, must” for at least a week. Tell others around you to point out any event in which you didn't. Have them hold you accountable. Visit the “Forum” and do a “CONFESSION”.

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Read the article? Time for introspection!

Please answer the following:

1. Do you corner and deprive yourself of choices? Why do you think you do that?
2. Do you make yourself miserable when it comes to achieving your goals? Do you think you become too harsh with yourself?
3. How often do you use the words “have to,” “need to,” “must”?
4. Do you prefer giving yourself choices or do you force yourself to do things?
5. What steps are you planning to take to minimize the use of these words?

Confession and Attitude Check

Module 2 “Your Logical Thoughts”

What is a Confession and How to Prepare One?

A CONFESSION IS WHEN YOU’VE DISPLAYED A WRONG BEHAVIOR AND WERE HELD ACCOUNTABLE BY ONE OF YOUR FAMILY MEMBERS, PEERS, OR EVEN BY YOU. YOU ACKNOWLEDGE IT& YOU TELL US ABOUT IT. YOU ACKNOWLEDGE THE ATTITUDE(S) YOU VIOLATED AND YOU GIVE US A PLAN OF ACTION TO NOT REPEAT THE WRONG ATTITUDE!

Suppose my wife’s car broke down. I informed her that I would take it to the mechanic, and have it fixed but I did not. What attitudes did I violate?

In this scenario, I was **not responsible**, and I did not care about my wife’s car as I promised. I was not **kindhearted** towards her. **Here comes the confession:**

A confession is broken into three segments as follow:

1. I need to identify myself and inform the person verbally or written about the event that took place.
2. I need to explain the event.
3. I need to identify the attitude(s) I violated.
4. I need to devise a plan of action to not violate this attitude again.

Identify myself: Hello, my name is G. Constantine Tannous, and I am writing this confession today about an event that took place between my wife and I last Thursday June 28, 2021.

The event and what happened: Last Thursday, my wife informed me that her 2019 Toyota Camry needs repair. She told me that when she applies the brakes to stop the car they squeak. Fixing cars has always been my responsibility in our household. I promised her that I would take it to the mechanic the same day and have it fixed. I asked her to take Uber to and from work. I did not fulfil my promise to her. I did not take it to the mechanic. My thought was, “I’ll take it later” and later never came. When my wife came home, she was disappointed by my behavior. She was saddened. She made it clear to me that I’ve hurt her feelings.

Attitude(s) violated: In retrospect and looking deep within me, I acknowledge that I violated three attitudes. The first one is not being **responsible** and the second is not **caring**, not being **considerate from the “Attitudes Module**. I also recognized that I was struggling with “**It’s Them**”; they made me hang out with them and play cards (from this module “**Your Logical**

Thoughts". I also recognized I was struggling with "**Entitlement**", I am entitled to hang out with my friends from this module, "**Unlawful Thoughts**". Furthermore, I was struggling with "**Good Listening**". I did not listen carefully to what she asked me to do from this module, "**Communication**". As you progress in your studies in different modules, you'll incorporate more violations.)

Future plan of action: I have made a promise to myself and to my wife that next time something like this event takes place with her or anyone else, I will be responsible and caring, and I will not point fingers at others. I need to act upon it immediately. "**NO LAZY THINKING To Put Things Off**". My wife held me accountable, and I did a "Confession" in the "**Forum**" where I received several feedbacks to my action!

I hope the above example made sense to you. In life, we need to recognize and acknowledge our actions. We need to commit it in writing, and we need to inform others about it. And that is where our "Confession's Forum" comes into play. You see, once you perform a confession, many members of the community will give you feedback and that's how we learn in order to give feedback to other members and our clients.

Suppose a married couple comes to you for help. For coaching! Their relationship is struggling. You ask questions in order to discover why. You find out that the husband spends way too much time with his friends drinking and playing cards while the wife is cleaning the house, taking care of the kids, and cooking. Immediately, and from your studies, you recognize that the husband is struggling with responsibility and caring. No guessing game, right? You then spend time with the both of them discussing each topic. You educate them on doing a confession to you. You'll inform them that you'll take them on a journey of the eight core attitudes. You tell them that if they have an open mind to it, their relationship will prosper.

Keep in mind that this client will need to be with you throughout seventy lessons. At two per week, this will take 35 weeks to complete their journey.

You see, traditional life coaching or therapy takes the form of letting the client discover what they need and want. You allow them to plan their course of action through their own mindset. This is difficult. What works the most is learned behavior towards one another.

OUR EDUCATION WORKS AND AS YOU PARTICIPATE IN IT, YOU'LL BE A WALKING TESTIMONY!

I have prepared a worksheet for you to use in preparing an attitude check. Upon completion of each lesson, do one. Also, teach your clients to do one. Print many.

Attitude Check

Activating Event: (tell us what happened)

Attitudes violated: (such as caring, super optimism, blaming, etc.,)

In retrospect, I discovered that I violated the following attitudes:

Future Plan of Action: (Tell us what you plan to do in order to not violate the attitude)

Notes



I Feel Good PST™

“Positive Self Talk”

No one! And I mean no one. No mom! No wife! No Boyfriend! No husband! No friend! No brother! No drugs! No alcohol! Nothing is allowed to control your feelings without your approval.

What am I talking about here? You see, our thoughts are very powerful. What we think is how we feel, and how we feel, is how we act. A thought must come to mind before I feel something. And when I feel something, I can be happy or sad. I can become disappointed or angry. I can engage in verbal abuse or physical harm. And when I feel angry, disappointed, or sad, I might start drinking or taking drugs thinking I'll feel better. And when I start drinking, I might lash out at people. I might say something that I might regret later, or I might regret what I said or what I've done the rest of my life. And that is sad!

What am I getting at? I am in control of my own thoughts. I am in control of my own feelings. And I am in control of my own attitude and actions.

Before I feel the feeling, a thought had to precede it. And if that thought is undesirable which leads to sadness, anger, or disappointment, I need to challenge it in order to feel the way I want to feel without anyone's help and without the use of drugs and or alcohol.

The Story a True Story!



Activating event: (What happened)

On a Sunday I woke up happy and in good spirits. I had a plan for that day. I wanted to build a cabinet for the grooming bus. I love working with wood and I love creating things.

I talked my dog Muniecca, a Moyan Poodle, to accompany me to Home Depot. And without any hesitation she agreed. She loves going to Home Depot.

I chose carefully and placed my lumber in the cart. I chose my black paint and placed it in the cart. I picked out all the screws, fasteners, nuts, bolts, and so on and placed them in the cart. I then proceeded to the checkout stand. The line was long, and I waited patiently just like everyone else.

As I approached the checkout stand, a man with his two workers cut right in front of me. I looked at the man and informed him he needed to wait in line.

The man looked at me cussed me out and called me names.

My immediate thought:

Who does this man think he is? I should teach him a lesson.

My feelings:

I felt annoyed. I felt anger. I felt hatred. I looked around to see if anyone else was watching this.

Consequences:

If I act upon my thoughts and feelings and get engaged in a verbal or physical fight the consequence of this could be bodily injury as well as being arrested by law enforcement.

PST (My “Positive Self Talk”):

George don’t allow this man to take control of your feelings. Don’t allow him to place my feelings in his back pockets. He obviously has an entitlement issue, humility issue, among many other issues. (you’ll learn all about behavior issues through our seventy+ topics. You see, the more we learn about human behavior the more control we have upon our own thoughts, feelings, attitudes, and actions.) Let him go and bless him.

My actions:

I looked at the man and told him to go ahead Infront of me. I told him, “God bless you.”

He thought I cussed him out looked at me and with a loud voice said, “WHAT?”

I said, “God bless you!” He placed his head down and didn’t engage with me anymore.

End result:

I was proud of my actions. I felt good inside, and this resulted in me having a great day ahead.

On a daily basis, we are all faced with situations like the one mentioned above. At home. At work. At the grocery store. In a gathering, and just about everywhere we go. The question is, should we allow any ill given situation control our feelings and in return have it control our attitudes and actions? The answer is a big no! And the solution is **“I Feel Good, PST™”**.

Watch out for what you think. I’ll say it again. Your thoughts control your feelings, and your feelings controls you attitude and actions.

Master this technique daily until it become second nature.

I am including a worksheet for you to use. Please use it. Commit this lesson to writing. With practice you’ll begin to just use your thoughts to, “I Feel Good, PST.”



LEARNING

KNOWLEDGE

EXPERIENCE

SKILLS

ABILITY

COMPETENCE

TRAINING

GROWTH

I Feel Good, PST™
Worksheet

Activating Event:

My Immediate Thought:

My Feelings:

Consequences:

PST (My “Positive Self Talk”):

My Actions:

End Desired Result:

**Please print as many as you can and practice daily. Also practice an
“Attitude Check” daily as well.**

May the Power of PST be with You™!