

DETECT AND AGREE TO DIE TO THESE FOUR FEARS

As unbelievable as it may seem...The reason that we find ourselves re-living so many moments we swear we don't want...is because we keep talking to ourselves about them!

1. Detect & die to...any painful dialog you're having with yourself over what someone did or said to you in the past. Psychological fear knows the more it can get you to dwell on some conflict in the past, the more fearful you'll be of similar situations in the present moment.
2. Detect & die to...any part of you that keeps revisiting any worldly condition outside yourself having to do with whatever seems to validate your position in life, your power, or your possessions. Psychological fear never protects anything other than its own interests.
3. Detect & die to...any embarrassing moment that wants to keep replaying itself on the stage of some regret. Psychological fear knows the more it can convince you of how painful it is to "lose face," the more guarded you will become, trusting fear to protect you.
4. Detect & die to...any part of you that wants to give you good reasons to feel discouraged or disappointed with yourself, with others...or with life itself. Psychological fear doesn't exist without some form of unconscious comparison that's always followed by some form of an equally unconscious self-judgment.

— Guy Finley