



Superb Coaching

Working with you to take back your life

PO Box 3843
BURLEIGH TOWN
QLD 4220

Phone: (0419) 706 325
ABN 202 746 98859

www.superbcoaching.com.au

EMOTIONAL ADDICTIONS

Remember that humans are essentially beings who are motivated by energies or emotions. We do things because of how they make us feel. Whatever the feeling, be it happiness, fulfilment, excitement, passion, love, personal power, tranquillity and so on, it is always the feelings and emotions that drive us. Sometimes there is a distortion in our mindset which causes us to seek negative emotions and create events, circumstances and relationships that cause the arising of these negative emotions within us. The reason for this is very straightforward, even though the effects have unpleasant ramifications for our entire lives. To find it we have to look to the home we grew up in.

Each home has its vibrations or energies, usually expressed as the emotions of one or both of the parents. This is recognised as the feeling of home. If you were brought up in the calm of a country life on a farm, or in a plant nursery, then the feelings of peace, stillness and the regularity of the seasons will be instilled in your memory. If your experience was that of living in a bland family where nothing much happened and very few emotions were expressed, then that will be lodged into you and will be the most familiar emotion. If your family was lively, with constant dramas and a busy frantic social life, then that will be the vibration you identify with home. If the experience was negative, with emotional or physical abuse, then you will find that unfortunate emotional base has also been recorded into your mind.

Home to you, as a young child, is the source of food, nourishment, shelter, company, protection and all the other normal attributes of life. It is the symbol of survival. Even if the experience of home is unpleasant or ugly, it still symbolises survival and whatever goes on there is accepted as normal and to be expected. In a difficult home environment it is not until children are older that they realise what is happening and run away. At a young age they tend to accept what is happening, bad or good.

Subconsciously you have a pattern which tells you that your best chance of survival is by recreating the atmosphere and vibrations of your original home, whatever the quality of that experience. You literally find you are addicted to those emotional patterns and even though you may not express them in your own behaviour, you are subconsciously drawn to a person or people who have these patterns. This happens because you identify this type of expression with the security of home. You are literally addicted to it. It seems safe and secure. It hooks in very deeply with your mindset.

Whatever the experience, it is embedded within your psyche and you have it there under a file labelled 'Survival'. As you grow up you also become addicted to these particular feelings, energies or emotions.

You are mostly unaware of these addictions because they are buried in the subconscious. Even so, you tend to try to recreate them for the rest of your life, regardless of whether they were

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positive or negative. This happens because of the survival instinct which is at the base of nearly all our decisions.

When you are young you have not yet developed your rational and logical faculties to be able to assess what is actually going on in your life. You take everything for granted and presume that this is the way life is.

Many people find that when they leave home they rebel, travel and explore life, swearing they will never live as their parents did. Then a decade later, having settled down, they look around and find they have recreated their own upbringing almost perfectly. It feels secure and they just accept it. Their early addictions have been played out. It is the emotions which really rule most peoples lives and these early emotions, if left in the subconscious, will draw us powerfully to recreate them later in life.

People become addicted to different emotions. Some are addicted to life being a series of problems, because that is what their parents gave out. They then live it out forever. Others may have a parent who was a tyrant and a miser to them. Even so, they will be very likely, unless they take absolute responsibility for their lives, to find themselves in the company of a tyrant and a miser forever, as their marriage partner or their boss.

It doesn't matter what the situation was, for it is feelings that we became most familiar with and are the secret of all our actions.

Most people are totally unaware of this addiction factor and spend their lives in some sort of frustration that life isn't turning out in the way they would consciously like. They don't realise they need to look to their own addictions to discover why it is they have taken the actions they have, which have resulted

in their present life experience. You cannot contradict, with the conscious mind, a powerful drive in the subconscious. You are not conscious of the contents of the subconscious and anything you are not conscious of controls you. Anything you are conscious of, you have the opportunity to control, purely because you are aware that it exists.

Most people feel fear if you suggest to them that they examine and let go of their present emotional addictions. This is because they are tied in so deeply with the survival mechanism developed in childhood. Anything that undermines this structure could spell death, so quite naturally fear is a normal response. Even though the fear is irrational and even though their life experience is unpleasant or mediocre, they will hang onto these addictions for dear life and avoid leaving the past behind as it feels secure and safe.

This is why you see people who are physically abused staying with their partner. Even with the horror of such a life, confronting the emotional addiction which keeps them there, is too much to bear. It is better, so their subconscious calculates, to be abused and survive rather than risk death.

Naturally there are a variety of other causes integrated with these decisions, but the emotional addictions are a root cause. You must look deeply into your life and see whether or not you are living out a life that could be better on an emotional level purely because you are repeating a past pattern that was programmed into you as a very young child. At the end of this section, you are given a powerful technique (70X7) to help you become aware of and break your emotional addictions.

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THE FUEL OF BELIEFS

These emotional addictions are the fuel of our beliefs. They are an integral part of our choices. All our choices come from our beliefs. If you have a belief that money is bad in some way, because you were told so by your parents or some religious figure, then you will play out a difficulty with money forever or until you remove that belief. If you have a belief which developed when you observed your parents, that relationships are boring and monotonous, then you will have that belief in your filing system and it will repeat in your life unless changed.

You may have a belief that a correct life is one which involves a regular nine to five job and living a normal life with a marriage and children. You may feel fine and go about your daily business and to all intents and purposes appear well adjusted and content. But that is also a belief and if you limit your life merely to that experience - it doesn't mean you change it, it just means limit it to only that - then you run the risk of denying the greater part of your being. It is not the normal life which is the problem (it is normal because it works and gives fulfilment to most people), it is the stopping at only that and giving up the exploration of self. Deep down we all know there is much more to life, but we don't know what it is. All this and more will be explained in this course.

Beliefs are the cage, be it a comfortable or uncomfortable cage. You are limited by your beliefs. By expanding them you expand your life experience. Here we are going to learn how to step out of the cage into true creativity and fulfilment.

The Belief Cage

From now on be alert to the fact that every action you perform, every attitude you take or reaction you express reinforces your mindset. These keep

your mindset, which is another way of saying your complete belief structure, in place. The addictions are the fuel and the glue that keep the whole structure together. And like any other addiction, it stays with us until we get off it, die with it, or from it (as is often the case) The force of evolution is constantly working at healing, harmonising and balancing our systems. Any negative emotions or beliefs which limit the fun expression of our abilities and talents will be pushed to the surface to be flushed out of our minds. Unfortunately, we tend to hold onto these patterns and do everything in our power to keep them in place, due to the force of the addictions. This is why so many people are dissatisfied.

The way to check to see if you are truly satisfied with your life is to sit still in a darkened room for a few hours and let your mind run out its contents. Don't read, listen to music or anything else, or watch anything. Keep your eyes closed and your attention turned inwards. Don't eat or drink during this period, just breathe in and out and look within. A surprise awaits you.

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