

STARTING NOW!!

Three Tips to START Breaking Negative
Patterns & Build Confidence In Your Choices

A Practical Practice Guide by Karen Hudson, CFLC II, HHC



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How I Came To Write About Breaking Negative Patterns



Hello! I am Karen Hudson, a Health, Life & Nutrition Coach living in Portland, Oregon and am the Founder of Change From The Inside Out. I am excited that you are here and that you have taken the time to receive my top three tips for breaking negative patterns. These tips will support you no matter what your negative pattern is.

Let me tell you a little about myself and how I came to write about breaking negative patterns. There was a time in my life where I didn't think I had any choices. I was depressed, tired, felt like a failure and was afraid that the rest of my life would be the same way. I developed many negative behavior patterns as a way to cope with my misery. I realized one day that I had more negative patterns than positive. Out of desperation for my life and how I knew at my core I wanted to live, I began a search to find my way out of the rabbit hole I felt I had created for myself. After all of the years of searching, working with people, going to programs and reading books I realized that there were crucial steps missing for people in how to really begin the process of unwinding these patterns. I have written this three key guide as a way for you to START. So, STARTING NOW you have 3 keys that you can begin to practice to build your internal muscle and realize change is possible. I believe in you, I believed in myself, I know what is possible, and soon you will too. Remember this is a place to START. So Start NOW!!!!!!!



One Thing To Consider As You Start

As I am writing this I have just read yet another article, well intentioned, that gives the 5 keys to doing this or that. And once again it says put things in the past, stay calm, monitor your thoughts, do this and do that. Here is where I have to say out loud to YOU. That is **DOWN THE ROAD**. All of these ideas and



suggestions are important, beneficial and true. Yes, of course we know that we have to let go of the past. Yet, **HOW DO WE DO THAT?** I have found a lot of times when I was trying really hard to break a negative pattern in the past I just kept feeling like a

failure, tired, stupid, or it must be for everyone else and not me. **THEY** must get it & I don't because I **NEVER WILL** or I **JUST CAN'T DO IT**. I felt like such a failure. Can you relate? So I am here to support you to learn what the **FIRST 3** keys are to actually **STARTING** to break a negative pattern.

As you go through this guide I want you to consider the **WHAT** of what has brought you here. In this moment and at this time. Do you want to get away from something? A feeling, behaviors that annoy you and are holding you back from something else in your life? **OR** are you moving towards something, wanting something different, a different feeling, result or behavior? Whether you are moving away from or towards something the motivating factor, the "IT" of what is driving you to want to change is important. Maybe you want to exercise more to lose weight. Why do you want to lose weight? *I want to be healthier.* Ok, why do you want to be healthier? *Because I want to feel better.* Ok, why do you want to feel better? *I want to live longer.* Ok, why do you want to live longer? *I want to see my kids grow up and become adults.* Tears



come to your eyes and I say, BINGO. There is your IT. This is what is motivating you. Your IT is like when you tap a tuning fork and it has a sound, it has a note and I want this IT to be your **NOTE** that is just yours. The thing that brings you back to your knowing, back to your place of “ok I am willing”, back to your place of this is why I am doing it all. That is what I want you to remember as you work through this practical guide and work each key. **YOUR “IT”**.

MY IT IS_____

Write it out again, now.

MY IT - MY “NOTE” IS_____



“The strongest principle of growth lies in the human choice.” George Eliot



First you have to choose. Choose something different, want something different, and yearn for something different. If you are like how I was when I first started you don't know how to take the first step. You tell others you want something different and you want to change this or that. You *say you want to do something different*, yet you start complaining a lot, nagging, binging, shopping too much, or drinking too much, or bite your nails. Seems like those things would not have anything in common, however they do. They are all things that someone may choose to want to change and see it as a negative behavior pattern. So the first key is **YOU have to CHOOSE** to do something different. Here it is the conscious act of saying I WANT SOMETHING DIFFERENT to you and to the universe. You have to be willing to CHOOSE to be willing to act in a new way. Now I am NOT saying you have to have all the answers. I am just saying you have to at your CORE BEING be willing to say I CHOOSE something different and I am willing to figure out what that is. Here is another thing about CHOOSING, it's your CHOICE, not someone else's, not your moms, best friends or some online guru, oh wait that would be me, no not even me. I do not want you to do it FOR – BECAUSE OF – or in SPITE OF anyone else. This Choice is YOURS. I want you to do it FOR YOU – BECAUSE OF YOU – IN SPITE OF YOURSELF. So Key One is CHOOSING. Write below that you at your core CHOOSE something different for yourself and sign it. This is your agreement with yourself.

I know at my core I want something different. Today I start to CHOOSE that something different. X _____



KEY TWO – BEGIN TO *BELIEVE*

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.” Christian D. Larson



Second you have to believe. Believe that it is possible. Yes, I just said that & I mean it. You have to believe that it can happen for you. Not someone else, **YOU**. Again, you do not have to say I know 100% this is going to happen. No, in fact, this is about believing inside of you.

Inside of your emotions, thinking and being that you are *willing* to begin to believe that change *can* happen for you. That you can *start to* break the negative pattern you want to break. You can break this cycle and you can replace it with something else. Honestly it's not important right now that you have it all figured out. What is most important is that we lay the foundation for the work. So the second key is **Begin to BELIEVE**. You may say "I don't believe." I will say back to you, just begin. Just give yourself an ounce of *willingness to begin* to believe that you can break old patterns, you can *choose* something different. When you choose to believe you begin to make room for it **TO** happen. Let me say that again. When you choose to believe you literally begin to make the space for that to happen. I believe in you. I believed in myself. It was hard. It was one step at a time, just taking the next thing. Just taking the next choice in front of me. I only had to believe long enough to make a choice, then believe, then choose again, again and again. Once you begin to believe then you are beginning to build a muscle. That muscle is expanding and strengthening each and every time you are willing to choose and willing to believe. What you are doing is our *NEXT KEY*.



Key Three – Practice, Practice, and Practice

Great thoughts reduced to practice become great acts. William Hazlitt



Practice, Practice, and Practice. Do you remember when you were a kid and you learned how to ride a bike, how to drive and/or how to cook? Well this picture says it all for me. When I was little I cooked all the time. At about the same age as the girl in this photo I was cooking and I burned things a lot. There was egg shells still in the eggs and cookies came out flat when they weren't supposed to and big when they were supposed to be flat. Do you remember? Trying to tie your shoes for the first, second and third time? How did we learn all the stuff we take for granted now? That bears repeating. How did we learn ALL the stuff we take for granted now? *WE PRACTICED*. So the third key is **Practice, Practice, and Practice**. You will build that muscle I talked about before. You are learning, practicing, building the confidence to choose something different, believe that is possible and now you get to **PRACTICE**. I want you to really just take a minute and think of all the things you have learned in your life. Reading this practice guide didn't just happen. You were not born knowing how to read. You learned. You practiced. Take a minute right now and think of the MILLIONS of things you have learned over your life. Pretty amazing huh? So this is the same principle you are going to use in your life now. You are going to use all that experience practicing to arm you with the knowledge that you have done this before. YOU have done this before. YES YOU have done this before. YOU can do this again. **PRACTICE, PRACTICE, and PRACTICE**.



Here is an outline to use to practice the three keys

What is the negative pattern that you want to break? Keep it simple. If you say I want to stop complaining. Let's break that down. Maybe I want to stop complaining about the garbage man every Tuesday. Keep it simple and manageable to start to practice. Remember we are building a muscle.

So write below what it is specifically you are going to practice breaking the pattern of? _____

Key One – CHOOSE

Choose to do something different. So in this case I want you to think about a scale of 1–10. How willing are you to do something different than complain about the garbage man every Tuesday. 10 being totally willing.....

Write your rating here _____

Ok this lets you know where you are in this moment....if it's a 3 then you know you have some room to grow in the "willing to choose" something different department. How do you do that? Well I want to know what is one thing that you can do or think that would move that 3 to a 4? You could think about what brought you to the place of even wanting to break this negative pattern of complaining. Here you could remember your IT, the NOTE that is motivating you to do this in the first place.



Write that

here_____.

Great, you have begun the first steps to starting to break this cycle. YEAH!

KEY TWO – BELIEVE & KEY THREE – PRACTICE, PRACTICE and PRACTICE

Believe it's possible; Believe it's possible for YOU. Here I want you to remember ALL the things you thought in life before were not possible or too tough to do. Remember learning to ride that bike, snow ski, drive a stick shift.

Write down at least 20 things you have learned in your life and practiced. DO NOT sit and think about it. Just write them down NOW.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.



12.

13.

14.

15.

16.

17.

18.

19.

20.

GREAT!! Now look over your list. Are you surprised at any of them? Could you have kept writing more and more?

Now I want you to look over your list again. This time I want you to put down next to each item how much you believed you would learn that item. On a scale of 1-10, 10 being you absolutely BELIEVED you would learn how to do this. Go ahead and do it RIGHT NOW.

Now, look over the list again. How many 10's do you have? How many 1's do you have? Anything really surprise you? I want you to really take in the amount of belief inside of you that you could learn and do these things. And YOU DID. Now let's take all of that and use it for this situation.



You can do this for every single situation you want to over and over and over. Just use these 3 steps to support you to get clarity, break it down, and practice. GREAT JOB.....

This is your fuel. This will help you turn that fear, doubt and shame into hope, belief and confidence. **YOU HAVE ALL THE THINGS YOU HAVE LEARNED INSIDE OF YOU.** You get to now use all of this and everything else inside of you that you have learned to fuel you to confidence. Say that again. Out loud. **I am armed with all the experiences of my life. I have practiced and learned things to help and support me to build confidence with this situation.** You can use this with any situation you want to break the pattern of.

GET IT? We often forget all the things we have done in life. We say oh well that was just expected? Really? We had to learn it and practice it. My 6 year old grandson is learning to read and write. He has a TON of developmental delays. What if I told him he couldn't do it? What if the world told him he couldn't do it? What if? Well I am not going to live in What ifs, I choose to believe that practice will prevail. ***I CHOOSE TO BELIEVE THAT PRACTICE WILL PREVAIL FOR YOU.*** Put this down on a 3 x 5 card or paper and stick it somewhere you can see it all the time. **I CHOOSE TO BELIEVE THAT PRACTICE WILL PREVAIL. YOU CAN DO THIS.** I believe in you. I believed in myself. I know what is possible. **YOU WILL TOO.**



FEW FINAL WORDS OF SUPPORT

When I was going through my dark times and feeling there was no way out. That my life would always be this way. That I would die never having anything be different. This is what it looked like to me.



It's what I call the rabbit hole. Dark, no light, no end, no way out. I am stuck, cold, depressed and almost to the point of giving up. I want more for you. If you have ever felt this way about anything, I want you to know there is hope, a different possibility. That what we hold onto is mostly false dreams and holding us back. **So STARTING NOW**, armed with the all the experiences in your life and the 3 keys to BEGIN you are now embarking on a different possibility. A different way to be in the world. A different way to be with yourself. A different way to feel and think about yourself. Yes you will still need to Choose, Believe and PRACTICE.....yet it will be different. Maybe it already is starting to be. Be kind to you. Take your time. I want you to really embrace the keys and go to square one with them. Go to the beginning. Get clear about what you want....Get clear about what is motivating you, your IT, your NOTE.....begin to believe and practice practice and practice.



Soon the vision will begin to change. Soon the world will not seem so dark. At least that is what began for me. The view got different. What I started to see was this instead of the rabbit hole.



Yes there is still work to be done. Yet what I know for sure is that it will begin to look like this. Brighter, lighter and for sure you can see the door at the end. You might also see that door being open for you to walk through. I am here with you and for you. Let me know how it goes.

To YOU. TO YOUR JOURNEY. TO YOUR WALK IN THE WORLD.

HERE IS TO EMBRACING CHANGE AND LIVING LIFE. HUGS, Karen



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I would love to hear from you, let me know how I can support YOU!!!!!!

