

STEP TWENTY



SYSTEMS FOR SELF-A.W.A.R.E.NESS

Captain of Your Own Ship

20

SYSTEMS FOR SELF-A.W.A.R.E.NESS

We are living in a world that has its own collective systems set in place. It has its own monetary systems, its own government systems, its own governing systems, and its own rules and regulations. The collective group that we are a part of created and then agrees to these systems. This is the world of systems that we live in.

But what about our own world? We are within ourselves complete creatures, so it would stand to reason that we have also set in place a set of systems to govern, rule, decide, and enforce our own inner world.

From how we dress, to what we eat, to how we eat, sleep, talk, walk, and live, we all have a set of systems that we have set in place across the horizons of our lives. As we change, these systems change. Our brains and bodies go through age appropriate times where one system might be in charge more than another.

When we are infants our bodies are completely in charge. When we get hurt, we cry. When we are tired, we cry. When we are hungry, we cry. When we get tickled, we laugh! It is an involuntary set of responses. As we age all that changes when our parents, the world, and others interact and react more and more to us. Our blocks begin to build in our Tiny Little House with each experience we have, with each H.O.S.Y. who reacts to us.

We fall, we cry. We are told not to cry. We form a coping mechanism, like biting our lip or holding our breath or telling ourselves silently we can cry later, to stop crying. We are told to eat politely and do not throw your food. We are yelled at or told, “No.” when we throw food. We are rewarded when our tiny little chubby fingers learn to grasp a spoon. We develop an orderly way of eating with utensils, or whatever is culturally appropriate.

We control ourselves internally to adjust to our world externally. We are shamed, blamed, praised, and rewarded each step of the way. In a thousand different ways for a thousand different behaviors we are told, we learn, and create coping systems that dictate

how we live our lives. These systems can be very good. They can also become very neurotic, limiting, and damaging in the lives we live today.

CAPTAIN OF YOUR OWN SHIP

Ever meet someone who seems to have it all together? They work out. They eat right. They have a support group of friends to turn to when in crisis. They work at a job they enjoy. They allow love in their life. They seem to have it all together. No matter what life brings they handle it with grace and dignity. What is it they have that others don't? They have self-awareness and healthy internal systems. They are not swayed by the swells in life.

No matter what happens in this person's life they are able to roll with the punches and deal with it positively. They almost effortlessly surf through whatever comes their way. They laugh and cry with life and have a sense of security that most long for, even when the storm rages around them. How do they do this? They have systems.

As life challenges appear for them, they stop, gather themselves, and work out a system to deal with whatever it was that came their way. Some learned the systems from their parents. Some learned them from the hard knocks of life. Some were forced to adjust to big changes in life and learned how to use systems to create stability and possibilities early on. Some are just very curious, attentive, growth loving people, such as yourself. They navigate the seas of life through calm or stormy waters easily and with precision. They are Captain of their Own Ship.

As each issue in life arises, this personality type creates new systems, learns new and better ways of coping, adjusts his/her sails on the journey to match the wind speed, and lets on and off those on their Train of Letting Go as needed.

They preserve no matter what and always look for the option that will fit them the best. They look guilt, shame, blame, and crisis in the face and bust through those blocks using their Perseverance Personality to find their Gems of Insight. They are a Possibility Person.

They are flexible, yet solid in their knowledge that a new system can and will replace the old as the situation arises. They are confident all will be okay and as their confidence in life grows, others confidence in them grows. They have the "It" factor: that indefinable presence that most cannot define but most hope to be. They are who you are becoming.

They are you. You are them.

You may say you are not! But you are here, now. You are on this path and continuing to seek, search, and find answers in your life. As you change, you do create new systems. You are becoming more and more aware of yourself and how you react to the world around you. And whereas a person stuck in Tiny Town might feel as though those systems are outside of them or happening to them, a person open to possibilities understands, knows, and uses their systems to their own advantage.

It is now time now to begin to set in place your own systems, so that no matter what life throws at you or the systems set in place in the world, you are able to surf the crashing waves and find another way to freedom.

Life will happen. Your body, brain, and mind will react the way you have learned to react in the past. You then can be self-aware enough to notice this reaction, ask where it came from, and find a new way to deal with it if you so wish.

There is an easy way to learn how to set up this System for Self-Awareness. It starts with Awareness.

ARE YOU READY FOR SELF-AWARENESS?

A is for Awareness

Become Aware of the areas of your life where you have learned behavior. What parts of your life are you confidently aware you can handle no matter what? Emotional? Physical? Mental? Job? Love life? Monetary? What parts are you unsure about, or suspect some part of your past is ruling this area of your life?

The first step in any process is Awareness. Noticing how we react instantly to events, crisis, people, places, and things in our lives is a window into the Rulers and Enforcers of the past. Notice what we like and don't like about ourselves. How are we facing our Caution Walls? What Story Personality has dominated our lives? What do we have on our DVR that needs a new system in place to achieve? Changing it is as simple as becoming AWARE.

W is for Wake Up!

Become aware of the systems governing your life, starting with what part of you rules your life. We can keep our eyes closed or we can Wake Up and begin to look around at your inner and outer world and see what parts of us are Captain of Our Ship, who is in charge of our decisions, perceptions, and the directions we are heading. To fully become Aware, we need to stop blaming others, circumstances, the past, or the world for our happiness. Learning to navigate our inner world is critical to creating the changes we wish to see in our outer world! Consciously Wake Up and choose to change your internal system by adjusting to a new system.

A is for Adjust

To move into new behaviors with new systems, we must be okay adjusting to the new systems we put in place. We must choose a system that will work with who we are and where we are at. Some people do better with punishment or consequences to enforce behavior. Some people are better with rewards or positive support. To create any change in your life, be it to lose 5 pounds or to create your dream life, you need to create systems that work just for you and who you are. Everyone is different. What works for some will not work for all. That is why are a million diet plans out there! If one was good for all, there would only be one and we would be done! You must learn how to grow your own wings in the way that works best for you. If you try to do what only works for others, it will fail and add another insecurity "I can't do this." block to your wall!

Become more like a Butterfly growing out of a cocoon and less like a Lion attempting to destroy it. To change we must be willing to adjust ourselves and our internal structure of systems, many that have been in place a very long time. It all starts with our internal Ruler.

R is for Ruler

Who rules you in each of these categories? The fear part of you? The confident well seasoned traveler you? The young naïve you? The brainy smart you? The people pleaser you? The victim you? The joyful, playful you? The emotional dysfunctional you?

Perfectionists have a perfectionist tyrant Ruler system. Victim personalities have a hopeless poor me as their Ruler. Whatever part of our personality we let rule decides how we see the world around us and becomes our Story Personality. If you always get your way as a child by whining, the victim Story Personality may now be your inner Ruler voice whining

and telling you, “It never works out for me!” A giant stop sign shows up and stops you completely in your tracks.

To counteract the whiner, ask what a Hero Story Personality who overcomes all challenges rules. Then your inner Ruler voice now says, “You got this! You have fought worse battles than this. Learn from it. Grow strong and keep going!” It is a simple change that can create a world of difference.

Changing our Ruler self helps to change our world view point, changes our story, and thus completely changes our reality!

E is for Enforcer

Our Enforcer is the heavy hand that keep it all in place. “Do this and this happens.” is its motto. Fear, concern, shame, blame, and worry all exist here. So do positive rewards and hope! Who is in charge of enforcing the rules? The Enforcer.

But, what method is being used? What part of you is Enforcing? The condescending judgmental part of you? The loving supportive part of you? The confident you? The punisher? The sympathetic you? The Enforcer is the greatest catalyst for growth or stagnation in our lives. We can punish ourselves for what we were told was bad behavior long after the person who told us that is gone. From simply calling ourselves stupid to extreme self-harm, in many ways each day we punish and reward ourselves our behavior. Yes! We can get a cookie after walking five miles or a smiley face sticker on the calendar. The simple reward tools we use with children and animals can be used to enforce our new growing behaviors too!

Becoming aware of how we use enforcement and then using it to our benefit can quickly and powerfully change our reactions to life! To change we choose. Choose a compassionate Enforcer instead of a ruthless violent one. You can! Find what works for you and do what is best for you. It all starts with Awareness.

CHANGE YOUR SYSTEMS TO CHANGE YOUR LIFE.

Pulling into your I the Observer begin to notice the internal systems: the Ruler, Rules, Enforcer, and Rewards you have in place. Think of one activity in your day. What system is in place to control your behavior? What part of you is **Ruling** at that moment and what part is **Enforcing** these rules? If you don’t like the Enforcement or the Ruler, perhaps it’s time to vote in a new Ruler, change the punishments and rewards, or just change the rules!

Most of our lives are lived unconsciously, ruled, enforced and governed by what we have learned and used as coping skills to get through life alive. We point our ship in one direction and believe that is the only direction we can head. But in order to succeed, we must brave new waters. To thrive in life, in relationships, jobs, home, and in all our systems, it is time to become A.W.A.R.E.

It is time to become aware of who is really the Captain of Your Ship and what part of you is really making the rules that you blindly follow. Just choose one thing in your life you want to change and become A.W.A.R.E. Pay attention to your old system in place with Awareness. Wake up to realize that which is working and that which is not. What do we want to age about this behavior? Then be willing to Adjust. We must be willing before we can become. Accept that adjustment is a process that can and will take time as you choose a new Ruler and new Enforcers to enforce the new Rules in your life!

As the world is a collective, so are we! We are physical, mental, emotional, spirit with many facets to each. Getting to know the parts of ourselves, who is calling the shots, and why we let that part of ourselves be in charge is the most valuable exercise in human development there can be. For you are the Captain of Your Own Ship. You are the conductor of your train, the pilot to your plane.

Take back your life! Take a hold of that Captain's wheel and own the life that is yours to live. Steer toward the possibilities you want for your life! Don't like something? Set a new course. Use the steps. Set up a new System for Self- A.W.A.R.E.ness and sail toward a new horizon.

Each day you have a chance to become aware of your reactions, question them, and choose a new system. It starts with awareness. It ends with possibility

Life's journey offers a lifetime of opportunities to create these new systems. We are not stagnant, no matter how much we wish we were. Ever changing and learning how to manage our internal systems will help us become confident that we can handle any change as it arises, no matter what it might be.

It's time to begin the process of building a viable confidence that you can handle all life will throw at you because you have the systems in place to do so.

It is time and it starts with routines.

