

*Life Enhancement Coaching Challenges for Self Advancement*

**You can enhance your relationships by owning your own feelings rather than blaming others.**  
Why ?? ...Because as you start owning your own feelings your popularity will soar.// How is this ??  
...Because people want to be around those who they feel relaxed and good to be with.

When someone says to you 'you made me feel hurt when you did "X"' - this is not really so. What would be correct to say is, 'when you did "X" I felt hurt because that's the program I have' That same thing "X" will evoke different feelings within different people as it is internally and subconsciously referenced against the bio-computer's stored information, including past experiences of pleasure and pain and values and beliefs and attitudes, plus the present needs or dispositions within each person.

Taking responsibility for your own feelings will also assist you to feel good more often, because at those moments that you do, you will probably make some new choices of how you will respond and feel when you find yourself in the same situations that previously had you thinking you were a victim - and the down feeling accompanying that. By breaking the cycle of automatic reaction - often to one's detriment - owning your own feelings will give the advantage of exercising your right to choose - in this case to choose your responses as seeds more likely to bring the consequences you seek to harvest. Owning your feelings will have you showing more of your strengths rather than weaknesses and thus have you feeling more in charge of your life. This will reflect as more honesty through your personality, more self confidence, and more self esteem. ....and you will be more popular.

**Examples of Blaming Others .....Changed to Taking Responsibility**

"That annoys me" ....to "I get annoyed when ....."

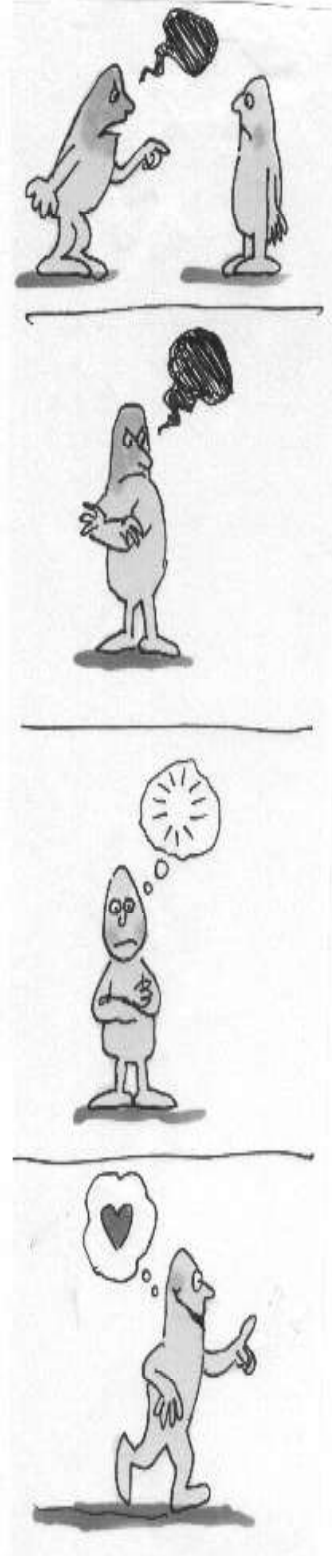
"She puts me down" ....to "I felt put down when she ....."

"You make me angry" ....to "I feel angry when you ....." **or** 'My anger rises when ....."

**List some ways you blame others, ....and then with each, think how you could change the emphasis from being the victim, to taking responsibility and being in charge of your own feelings. Use the examples to form statements starting with "I" or "My".**

1. \_\_\_\_\_ to \_\_\_\_\_
2. \_\_\_\_\_ to \_\_\_\_\_
3. \_\_\_\_\_ to \_\_\_\_\_
4. \_\_\_\_\_ to \_\_\_\_\_
5. \_\_\_\_\_ to \_\_\_\_\_

As you do this you will get to see how others really don't have the power over you except as you give it to them. See how easily you can become more in charge of your feelings, just as soon as you take responsibility for them rather than blaming others. A big bonus with owning your inner responses and honestly telling how you feel, will be a great improvement in your communications with others. You may soon find yourself communicating on a much deeper and meaningful level -without even trying !



I do hope that you will experiment to see if there is something here that you can use for your own advancement. I hope that you get to see how one doesn't need to be a victim unless one chooses to be ...and with this realization of choices comes more inner freedom - you can use the same freedom to choose in other areas of life. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to [www.goodwillpeople.net](http://www.goodwillpeople.net)