

# CHANGE: HOW TO DO IT

## 2. The Big Lie



If you have ever said to yourself, “I want to change, but I just don’t know how,” you can rest assured that you are not alone.

As we have learned, we must have a BIG ENOUGH WHY first. Now, we can tackle HOW.

Let’s take a look at some things that can sabotage your effort to learn HOW to do CHANGE.

### Conditioning & Comfort Zones



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**COMFORT ZONE:** a place or situation where one feels safe or at ease and without stress.

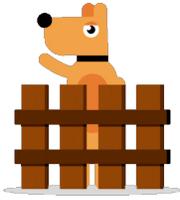
We can think about “**The Big Lie**” as a common belief in society that once we reach adulthood, much of what we do comes from our own original ideas. It is so subtle that we won’t deny that childhood experiences and other people have an impact, but for the most part we believe it is minimal and resist, on a very deep level, that their B.S. (Belief System) is now our B.S.

The truth is, by now we have all developed a pattern(s) of how to automatically react to life’s challenges. This is evident because people react by shutting down, with anger, with anxiety, and excitement when faced with challenging situations.

What’s at work in these different reactions is the way each individual views the challenge based on their “**conditioning**” –a learned response.

A simple way to define conditioning is the residual effect of all past influences on our life, including stored emotions and learned reactions.

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When we reflect honestly on how much of what we do and think did not originate as our own idea, and letting go of things that do not serve us, we are freed to do CHANGE with a new mental state more genuine to who we truly are and how we want to live.

However, if we don't, we will develop a sense of familiarity, ease, and control with little anxiety or stress in the **"COMFORT ZONES"** of conditioning – [learned reactions](#), [conditioned emotions](#), [conditioned words](#), and [learned helplessness](#).

As you can see, conditioning relates to stress levels. Your **"Comfort Zone"** is any type of behavior that keeps you living at a low-level of stress.



Let's Do Some Reflecting:

1. How did your parents react to stress? Did they focus on positives or negatives?



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2. How did you get attention as a child? What emotions helped you connect with your parents (or others) the most?
  
3. What did you learn about sadness? How was it expressed?
  
4. What did you learn to fear? How was fear expressed?
  
5. What did you learn about happiness? How was it expressed?
  
6. What did you learn about anxiety? How was it expressed?
  
7. How did people around you cope with stress or a challenging situation?
  
8. How did people connect to each other? Arguing, love and affection, emotional disengagement?

*Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.~~Brene' Brown*