



Early Lessons:

Feeling stuck? Like no matter what you try you're still doing some of the same things and getting the same results? Are you aware of how to get free from the early learnings may be keeping you stuck?

We learn how to survive in the world by depending on our parents...for food, for shelter, for emotional nurturing, for love... (See socialization article May 2005 www.trulyhumancoaching.com newsletters) the same time, we 'depend' on our parents, and then schools and the larger culture to 'socialize' and teach us how to live in the world?

Think back for a moment, what are some of the early lessons you learned?

By teaching us what works and what doesn't, from what they learned about how to live in the world... how to be upstanding adults...or in other words, we learn to be good little boys and girls...and in turn "good" women and men...

Yes, we learned what was right and what was wrong and the consequences of each. Some of the lessons we commonly have been taught:

- Good boys don't cry (or, only weak or 'bad' boys show emotion)
- Good children don't make a mess (If you get messy, or make a mess, you are bad and not approved of)
- Good girls play nicely (bad girls create a fuss or are aggressive)
- Good children don't question their parents (bad children have their own thoughts that may differ from their parents)
- Good people don't question 'such' things (there are certain things that are and are not ok to talk about, ie' money, sex, religion, one another, etc...)

The list can go on and on... good students, good (fill in your religion of choice), and now, good workers, good parents, good housekeepers...

Commonly, and unfortunately every single one of these prescriptions for how to do well in the world, hold inherently the presupposition that acceptance, love and being praised as good are connected and conditional....

These early lessons stay with us helping us to develop basic beliefs about who we are and the world we live in. A very common belief is that of scarcity, covered in the next article "*The Trance of Scarcity*".

The beliefs we formed early in life are, for most people, running our lives "behind the scenes"...Unconscious beliefs, forming values and behaviors... hard to believe? Well, you may



have heard the myth that we humans only use 10% of our brains...are we then victim to the other 90%?

NO!!!!

It is up to each of us to uncover our potential as well as use our consciousness to point our brains in the direction we want!

Who are we being good to and what voices are we following? Take some time to listen to your voices...what are they saying?

Contact Jim at jim@trulyhumancoaching.com on how to for a complimentary coaching call to begin to explore how you can discover your own limiting beliefs and live the life you truly want.