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How to Achieve Believing in Yourself

Nicholas Pollak / October 26, 2009 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)



How do you limit yourself?

Is it your thinking? Is it your lack of doing?

Do you know what you want but just can't get there?

As a clinical hypnotherapist, I have the good fortune of helping people daily. Helping them to see how they limit themselves with their self-imagery and restricted self-belief systems.

Throughout your life, you may feel you are where you are because of circumstance and good fortune or misfortune.

The most successful people I know have characteristics in common. An amazing energy, drive and passion for what they are doing, and for the people who work for them. A determination to be well educated in many different subjects, as well as ensuring a great knowledge base of their profession. Consistent attitude of benevolent concern for all they meet. A desire to help others. Those they have helped, help them in return.

Using their interpersonal skills, clear sightedness and specific goals in mind, they set their sights and achieve their goals.

There is no secret or mystery to their success. It is just as available to you. Only your belief system is stopping you.

Clear as a Window

Your belief system is your conscious mind calling on your sub-conscious mind to feed it the appropriate images when asked for. Whether you realize it, you are where you are because you have been successful in everything you have visualized.

Plenty of naysayers have limited our thinking both intentionally or unintentionally, including the people who raised us. As we grew, we learned their fears, as they were placed on us.

For example: An 8 year old is walking across a balance beam three feet off the ground. The parent, not having seen the child do this before, says, "Watch out for your balance or you may fall and hurt yourself." The parent has passed on an obvious concern as to what might happen, but also a fear of falling to the child who may not have thought about it.

The sub-conscious has learned that if a fall were to occur, there may be pain involved, attaches the anticipated pain to the image and feeling and you now have a sub-conscious memory both real and imagined that serves to act as a limiter to the actions this child might otherwise have taken.

With the parent saying something like "That is amazing. You are perfectly balanced and moving smoothly with grace and poise," the whole sub-conscious connection is going to change dramatically. The child may have become a gymnastic gold medalist.

Successful people have generally been raised with the parenting displayed in the second example. Their parents have understood how important it was for someone to learn by encouragement, acknowledgement, praise and reward.

Which Do You Identify with?

When you think how you were raised, was it the first or the second example that is truer for you?

Regardless of how you got to where you are, you can be anywhere you want to be, with dedication, clear goals, hard work and an image of success, happiness and prosperity. Use your sub-conscious for a change. Picture what you want to be.

Do the work necessary. Do you need to go back to school? You will be amazed at how you can rearrange your life to make it happen.

Do not allow yourself to be stopped by perceived roadblocks. These are simply an indication of a course correction that needs to be made. It is important to remember that rather than seeing the block, see the successful completion of your final goal.

As you see this, the block changes to an obstacle. You can go over it, under it, to one side or the other, or ignore it and choose a different path. The choice is yours. ,

Think about what it is that you want to do. Think about what you need to do to get there. Then live it, breathe it, be it. Act as if it has already happened.

Before you know it you will be looking back at the path that brought you to the success, happiness and prosperity you wanted.

You believed not in the limitations that others put into you, but in your own ability to accomplish what you put your mind to regardless of perceived and real obstacles. You always knew you could do it, and now you have proven it not only to others, but also, most importantly to yourself. Remember the goals you set are not always to please others but to focus on, and gain your success, happiness and prosperity.

Yes, there are winners and there are losers. For example: To train for four years as a swimmer and come in second by 1/100th of a second at the Olympics. I know you lost, but

How did you ever stop to think what it took to get you to that competitive level in the first place? Look how fit you are. How strong your mind is. Your self-discipline.

Although the ultimate goal was just missed, the benefits of the effort are self-evident. You may not have attained the level you wanted. But you are better off than before.

Isn't that what you really wanted, to be better than before?

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