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Just Flipping a Couple of Words Can Make Reserve Your Frustration



Nicholas Pollak / November 8, 2010 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

Many days we do not know how to accomplish the things we need to do. Let me correct that: Want, not need, to do. Often we are defeated before getting out of bed because we think of all we have to do rather than what we want to do.

We say we need to get up because we have to go to work. “Have” is a chore word. Immediately, we create a mindset of “having” to do things we don’t want to do. By saying we want to go to work, we change the self-talk from chore to desire.

We want success, happiness and prosperity. Yet we defeat ourselves by thinking of what we *have* to do to gain it. When we think of the things we *want* to do to gain our happiness, success and prosperity the effort is less because it is our desire to accomplish.

Once we have focused on the want we are able to start the process of deciding what actually is that we want. We begin to understand the things that we want to do to gain the goals and the success, happiness and prosperity that we want.

By focusing on the “want,” by seeing the want clearly, it becomes easier to gain those things. By picturing the things that we want and by acting as if we have already gained them, we find that, before we know it, they have occurred.

‘Having’ and ‘Wanting’

A current client has been living with panic and anxiety for many years. Until recently, she had been unable to rid herself of these debilitating attacks. She constantly described her tasks as “having” to do them rather than “wanting.” She knew she wanted the attacks to stop, but that was all she was sure about. Instead of seeing herself as free of panic attacks, her self-image was about having attacks when she was doing things she felt she “had” to do.

Once she began to see that she wanted to do what she was doing, that she could accomplish those tasks panic- and anxiety-free, her desire to be better became so strong that she began to feel a shift. She started to live her life as if she were not having these attacks. With hypnotic help, she has gained an attack-free life that eluded her for so long..

She discovered that having to do things was not helping, but wanting to do things has helped.

Those of us who understand that “having” to do is a negative and “wanting” to do is a positive, soon discover we are succeeding so swiftly that our whole attitude begins to change. The chore words disappear. The desire words replace them.

Another client had to lose weight. In the past, she tried and failed miserably. She weighed more than 275 pounds.

Once she realized that “having” to accomplish something was not working, she accepted that “wanting” to lose was more important.

From Heavy to Light

found herself not only eating less but more slowly while savoring her food more. She lost 6 pounds in 6 days. Now she is holding steady at a loss of 1 to 2 pounds a week.

She is achieving her objective by focusing on what she "wants" to do to lose weight.

Our self-talk is important. Remember to use small word changes such as "have to" and "want to." They will assist you in creating and maintaining the attitude, success, happiness and prosperity you seek.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net) (***mailto:nickpollak@hypnotherapy4you.net***)



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