

# Cross the Bridge Before You Get to It

Continuing Step 11: Changing Behaviors

Pursuing Podcast Episode 13

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Notes	
<b>Main Points</b>	<ul style="list-style-type: none"><li>● <b>Step 11: <i>We commit to behaviors that are consistent with our healthier emotions, thoughts, and beliefs.</i></b></li><li>● As we work on changing our emotions, thoughts, and beliefs, behavior change will follow.</li><li>● This being a circular feedback process, as we implement behavior change, our emotions, thoughts, and beliefs are reinforced in a positive way.</li><li>● Some critical positive behavior changes are self-parenting, self-care, and showing up with self-compassion. Research is clear that for behavior change to be positive and lasting, self-compassion is far more effective than self-punishment.</li><li>● As we consciously change behavior, we can take advantage of the brain's design for efficiency to automate the process. By consciously repeating these behaviors through evidence-based methods, we create unconscious action programming, or habits.</li></ul>
<b>Crossing the Bridge Before We Get to It</b>	<ul style="list-style-type: none"><li>● It is about going from unconscious behavior—which is driven by two primary sources: (1) unconscious thoughts and beliefs, and (2) the resulting strong, and often negative emotions—to conscious awareness, which is driven by (1) intentional constructive thoughts and (2) positively conditioned responses.</li><li>● When our unconscious thoughts and emotions are driving the experience, we can feel like a passenger with no control or choice. This often leads to spiraling emotions fueled by fear, and can land us in the space where we feel victim to our circumstances.</li><li>● It is often difficult to have intentional constructive thoughts and positive responses during the actual event if we have not</li></ul>

conditioned ourselves to do so. This is because during the actual event, particularly one we are fearful of, we go into fight, flight, or freeze and function from our reactionary brain rather than our rational brain. This is why conditioning ourselves prior to the event is critical.

- Conditioning: practice, building up, equipping, strengthening, and making ready.
- Conscious Constructive Conditioning: A process to help us be aware and intentional as we build positive responses that help us move from feeling powerless in a situation to empowered.
- This process takes us from anxiety to assurity and makes crossing that bridge before we get to it effective.

**Conscious Constructive Conditioning**

- **Step One:** Be clear on your thoughts, beliefs, and emotions about the experience/event. Consciously choose how you want to show up to the bridge.
  - Victim energy vs. Victor energy

Victim Energy	Victor Energy
Happening <i>to</i> me	Happening <i>for</i> me
No Control	Focus on what I can control (internal)
Fear	Faith

- **Step Two:** Visualize the experience with as much detail as possible.
  - Stop at points where you feel fear or lack of control. (Other negative emotions may be action points as well.)
  - Action points are places during the visualization of the event where feelings of fear or lack of control come up. Creating Action Point Key Words that help you to shift your thoughts and emotions to a more positive space and move from victim energy to victor energy will help to positively affect the experience.
  - Create positive affirmations to say during the experience as needed.
- **Step Three:** Write down the Action Point Key Words as sequential guide posts. Visualize going through the event/experience using the Action Point Key Words several times until you are confident in your ability to do so during the actual event.

<b>Expect the Unexpected</b>	<ul style="list-style-type: none"><li>● Plan for what to do if it doesn't go as planned:<ul style="list-style-type: none"><li>○ Stop. Breath. Choose.</li><li>○ Positive affirmations.</li><li>○ Self-Compassion. Self-Compassion. Self-Compassion.</li></ul></li></ul>
<b>Three Action Items</b>	<ul style="list-style-type: none"><li>● Choose an event or experience you have in front of you that you might have anxiety around. Become aware of your thoughts, feelings, and beliefs about the experience and choose to show up in victor energy.</li><li>● Go through the three steps in the process of Conscious Constructive Conditioning.</li><li>● Show up to the event without a need for an expected outcome and with an abundance of self-compassion.</li></ul>