

## **Module 5:**

### **Pattern Changing:**

Now that you understand that we are driven and perform our daily tasks and processes through habit. Another word for habit is patterns. Patterns become the underlying “operating system” life. This means that we are not consciously doing the things that we desire to do in our lives as much as we are programmed to perform those things that are running our lives unconsciously.

Before we jump to the idea that patterns are good or bad, it is neither. When we become conscious of our patterns, we can determine if those patterns are beneficial to our lives right now, when it matters. I mentioned earlier in the course that there was a time that I employed a pattern in my life that protected me from harm. After my stay in the hospital from being in a coma for almost nine months, I had nowhere to go. I had no home to go back to so my friends all scraped together some money for renting me an apartment for the first three months. This apartment was pretty seedy and attracted some real low lives. I didn't want to be noticed so I learned to blend into the environment instead of standing out as I do now in my life. I called that my protective or chameleon pattern in my life.

So any time that I felt even a bit threatened or challenged, I could always go into this chameleon pattern of safety. For the most part, this pattern got me through many situations. It was when I became engaged that this pattern did not serve me very well. You see, I was engaged nine times without actually getting married any of those nine times. I would get engaged, play the chameleon and “fit in” to someone else's life. Then right up to a few weeks before the wedding day where I would cancel the event, give back the engagement ring, and be on my way. You see, for safety's

sake, I was attracted to these nine men because they had the means to provide a very safe and secure life. They all did very well in the money department and one of my top five values is security. But the closer that we got to the wedding day, the more my “chameleon” pattern of hiding served me less and less. You see, if I had gone through any of those nine engagements and actually married any of the gentlemen, we would have been divorced within a year or two or I would have been self prescribing cocktails or even pills to dull the pain of being in the wrong relationship with the possibility of living my wrong life.

It took me nine times repeating this behavior or pattern until it became apparent to me that I needed to cut it out! I wanted to be with my own love of my life but not to sacrifice my not being authentic with myself. To change this pattern, I needed to interrupt it by doing the following steps.

Step one, I needed to learn to love myself first. By loving myself first, I would be in a better position to attracting my Mr. Right. Also, by loving and knowing myself, I could now recognize that I was running a pattern by attracting these same men over and over. Once I recognized what was truly important to me, what core values that were important to me, only then could I be authentic and able to recognize who was perfect for me as well as for them.

Step two is that I needed to learn how to communicate with myself in order to not sabotage the essence of who I am. Words are powerful and they affect our behavior and ultimately what we attract to our lives. So being able to use powerful and appropriate self-talk, we are now programming from the conscious level to the unconscious patterns. You are probably noticing that both step 1 and step 2 are also Module 1 and Module 2 in your course. They are so important that put them in that order of importance just

to make sure that we addressed it in the order that impacts your life the most.

So how do we change the patterns that don't support the authentic you? Well, here are the steps to get you started. Look for some behaviors that you're not happy with the results that are produced for you. That is a sure sign that a corrupt operating system or pattern is running the show in an unseen manner. We've used this example before but it's a very popular pattern and bears repeating. If you tend to have a result of frequently being late for appointments, then let's start there.

To make this an even more relevant issue, let's also assume that your reason or belief is that something outside of you is causing you to be late. For this example, we'll say that you are late because your significant other makes you late. So now, I want you to be aware of the next time that being late in this manor happens. Listen to what you're saying out loud or internally. If it is not empowering like, "He (or she) is always making me late!" I'd like to stop yourself mid-sentence or mid-thought and say the following, "Cancel, Cancel, Cancel, 5, 4, 3, 2, 1!"

That cancel statement will interrupt your pattern of thought and unlink it from your behavior. Now, this is the important part, immediately you need to fill that void of thought with something that is more empowering and real. In this case, the following statement would be, "I am in charge of my time and I am in charge of my actions!" or you could also say, "I am the master of my day!"

That's it. Yes, it's that simple. Here is the hard part of this process. It's not the interruption part that cancels out your poor thoughts. The part that challenges us most is the preparation part. Take the time to first identify your shortcomings, take 100% responsibility for your actions and commit to

the words or the new script that you will replace with your old belief. But in essence, it's that easy.

A proactive way to change your patterns is by incorporating this new empowering statement into your daily affirmations. The time that you sit down and write your gratitude should be followed up with declaring your affirmations of the day. This will slowly condition your patterns and assist you in changing them forever. Stating them in your daily affirmations will also keep this top of mind so you'll stay focused on being on time for all of your appointments.

Choose the patterns that affect the positive results of your life more immediately. If you're losing business or clients because you are consistently late for appointments, I would say that this counts as a priority in pattern-changing in your life right now.

You can apply this technique to many areas of your life. Of course, being a love and relationship expert, I would suggest looking at those habits or patterns that are sabotaging the relationships in your life. It could be a pattern of not checking your balance in your bank account. That will affect your life in a profound way too. You may not call family members on the phone because you created a belief that became a core pattern that prevents you from having a deeper bond with those who love you. Or a pattern that may be important could be something that impacts your health. You may be using food as your reward system for performing well in another area of your life. Short term, rewarding yourself with a treat won't harm your health, but making this a long term pattern will definitely impact your health now and for years to come.

So you see, if you are not aware of who is making your decisions in your life, you will be doomed to the same, unwelcomed results. If you keep

doing what you do and expect a different result, that's the definition of insanity! Make your unconscious do the things that benefit you now. Being aware of what is holding you back then making those changes to match the life that you desire is what I call winning at life. So you'll continually make winning conscious decisions on your behalf that now become a part of your winning unconscious habits or patterns. So other people will be looking at you and say, "Wow, she (or he) seems to have a perfect life and it seems like they do everything effortlessly with great results. If it looks effortless is because it is! Program yourself to win in your own way, in your own style and you'll do and attract the life that you desire effortlessly!

By the way, sometimes patterns can be so ingrained in our life that they seem to have always been there so therefore they seem to be a core part of our characteristics. So it may be hard to discern and recognize. Don't fret, that's why we are here. Myself and my team are trained to see what you are unable to see in your own life. Some of the patterns hang out just outside your ability to notice them like that car that tries to pass you on your right and is not visible to your line of sight. So make sure that you take full advantage of our offer that's included in Love University, to have a complimentary session with one of our professional love and relationship coaches. Just contact my assistant Tiffany at [Tiffany@LuveAtLast.com](mailto:Tiffany@LuveAtLast.com) so you can schedule your session today.