

LIFE ACHIEVEMENT ACADEMY

LESSON 8

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Why do we self sabotage our
chances of success in life?

The reason lies in the negative emotion of guilt.

People ridden with guilt feelings do not feel that they are worthy of having anything good for themselves.

But what are guilt feelings and where do they come from?

- ❖ Guilt is a feeling where we believe that we have done something that we should not have done, or conversely, having not done something that we believe we should have done.
- ❖ Many people suffer all their lives from harsh feelings of guilt for the sense that they have not lived up to their parents and caretakers expectations, or that they have caused pain through their behaviours to their parents and caretakers.
- ❖ No argument can overcome these guilt feelings, for they have their beginnings in early childhood, and are therefore so intense.
- ❖ At the root of guilt is the **false** idea that what you *feel* must be true: If you *feel* guilty, you must *be* guilty! But this is false!

- ❖ When we see another person suffering, it can cause us pain. At childhood we avoided causing our parents and caretakers pain.
- ❖ Our parents may have used guilt to make us feel bad about our behaviours.
- ❖ Such feelings of empathy based guilt, lead us to think that we should do something to relieve this suffering of our parents and caretakers.
- ❖ If we failed to relieve their pain, we were likely to suffer from feelings of anxiety and depression and in later years we feel that we are not worthy of anything good.
- ❖ Mastery of guilt feelings may become the all-consuming task of a person's whole life.

As a side note: The opposite of guilt feelings can be seen in individuals with psychopathy. They lack any true sense of guilt for harm they may have caused others in comparison with the majority of humans. Instead, they rationalise their behaviour, and blame someone else, or deny it outright. Their actions can always be rationalised to be the fault of another person. Psychopaths have an inability to develop emotional bonds with other people due to a lack of empathy.

So, How Do We Get Rid Of False Guilt Feelings?

There are four steps to take in order to get rid of false guilt feelings:

The first step towards removing false guilt feelings:

Never talk badly about yourself.

Negative talk about ourselves has exactly the same effect on our subconscious mind as does positive talk does.

Speaking anything bad about yourself will imprint on the subconscious mind that this is TRUE, and the subconscious mind will help fulfil this prophecy and make it part of your reality.

Never talk something about yourself that you do not want to have manifest in your life.



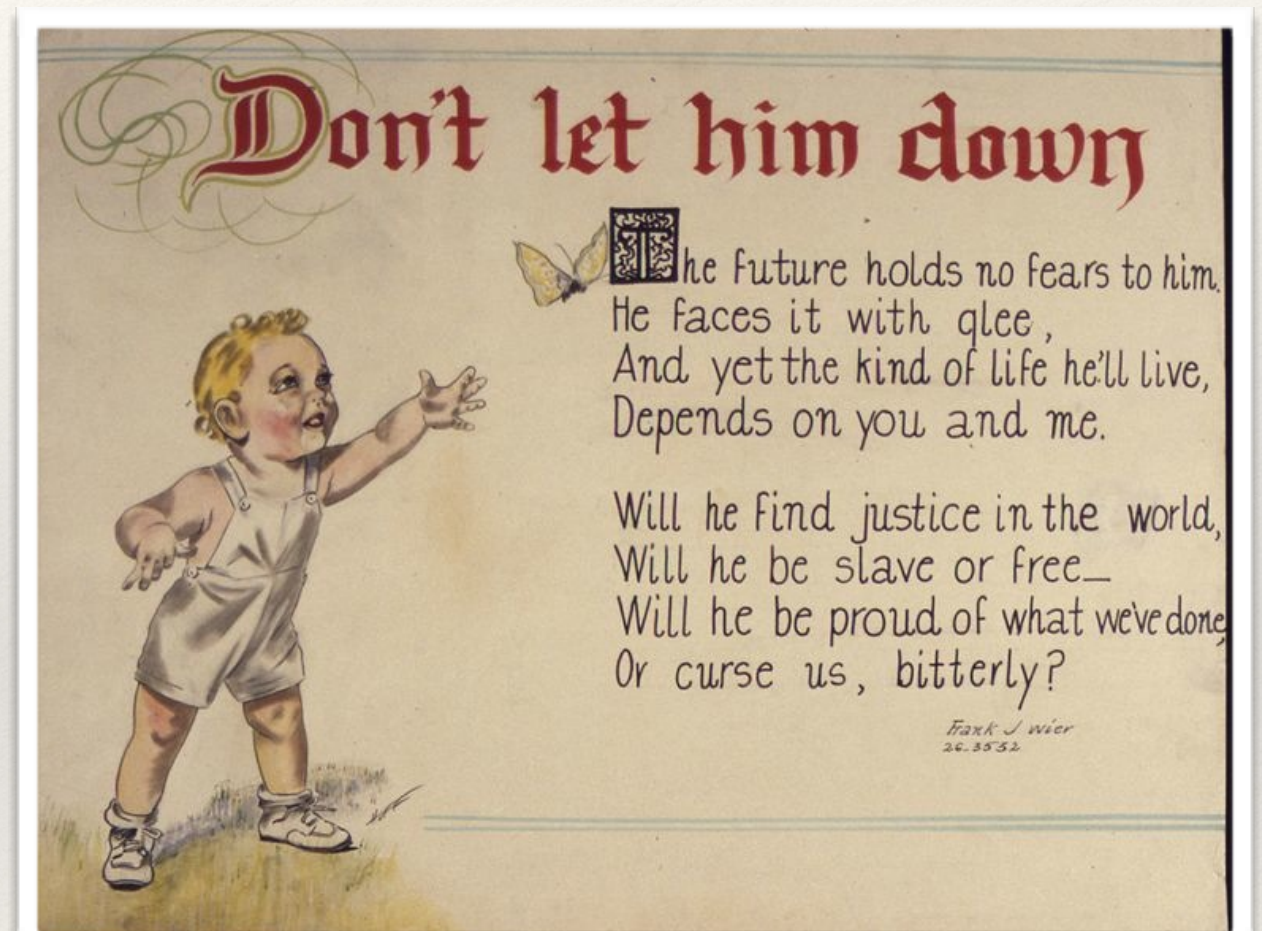
The second step towards removing false guilt feelings:

Never let others talk badly about you.

Our subconscious mind is sensitively collecting ideas into its pool of thoughts and these will form into our reality.

We will always behave in accordance with our pool of thoughts that we gather in our subconscious mind.

Once we block negative thoughts and negative talk about ourselves, we can replace them immediately with positive thoughts of how we wish to be seen, instead.



The third step towards removing false guilt feelings:

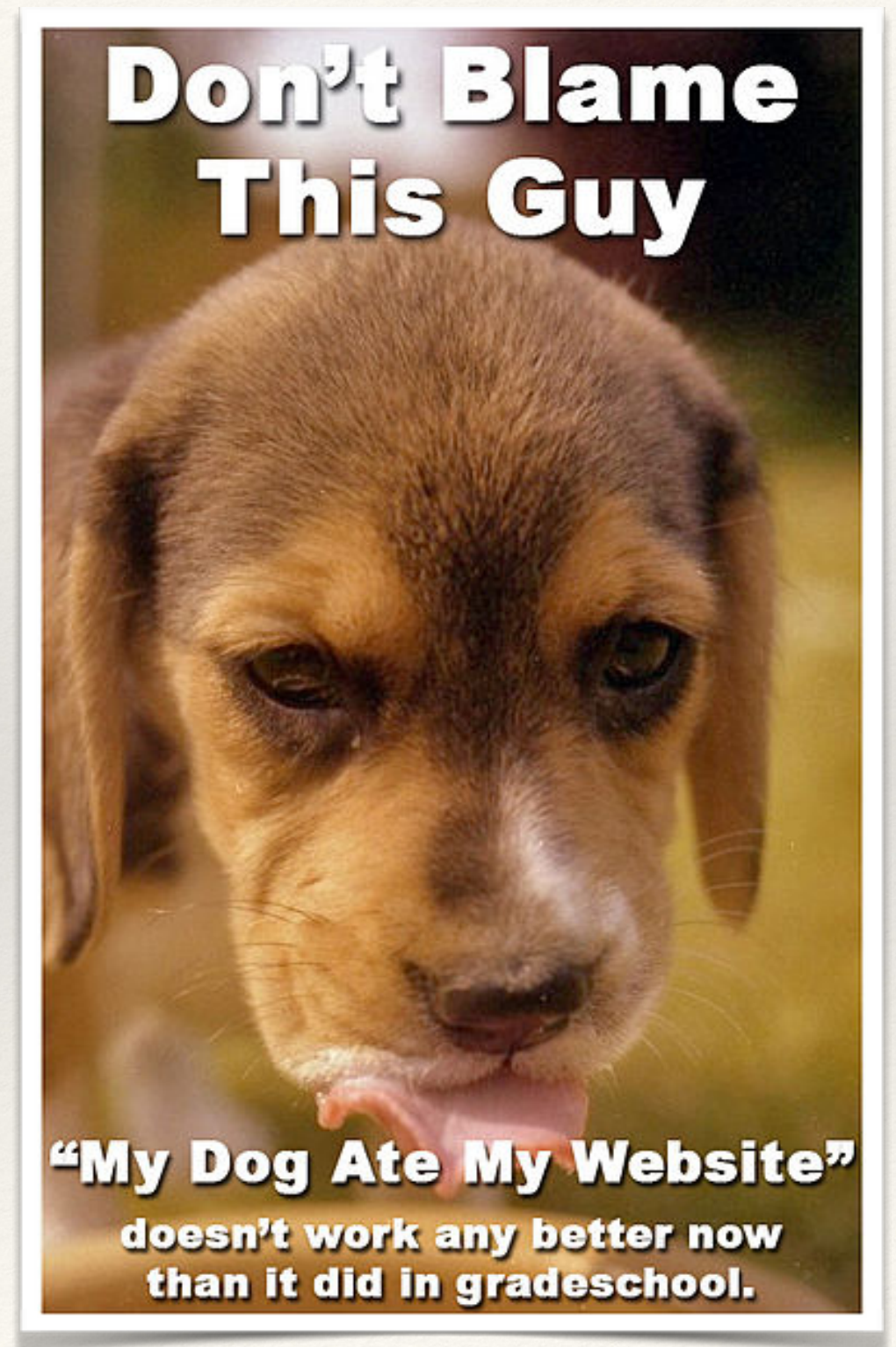
Stop blaming others for your situation.

Once you pass the blame of your conditions in your life over to someone else, you are giving them power and control over your life.

If you want to be happy and successful, you cannot give the control over your life to someone else.

You are responsible for everything you have in your life.

Once we place the blame on someone else, it just continues to prove to ourselves that someone is to blame for the situation and this increases our feelings of guilt that we may be to blame.



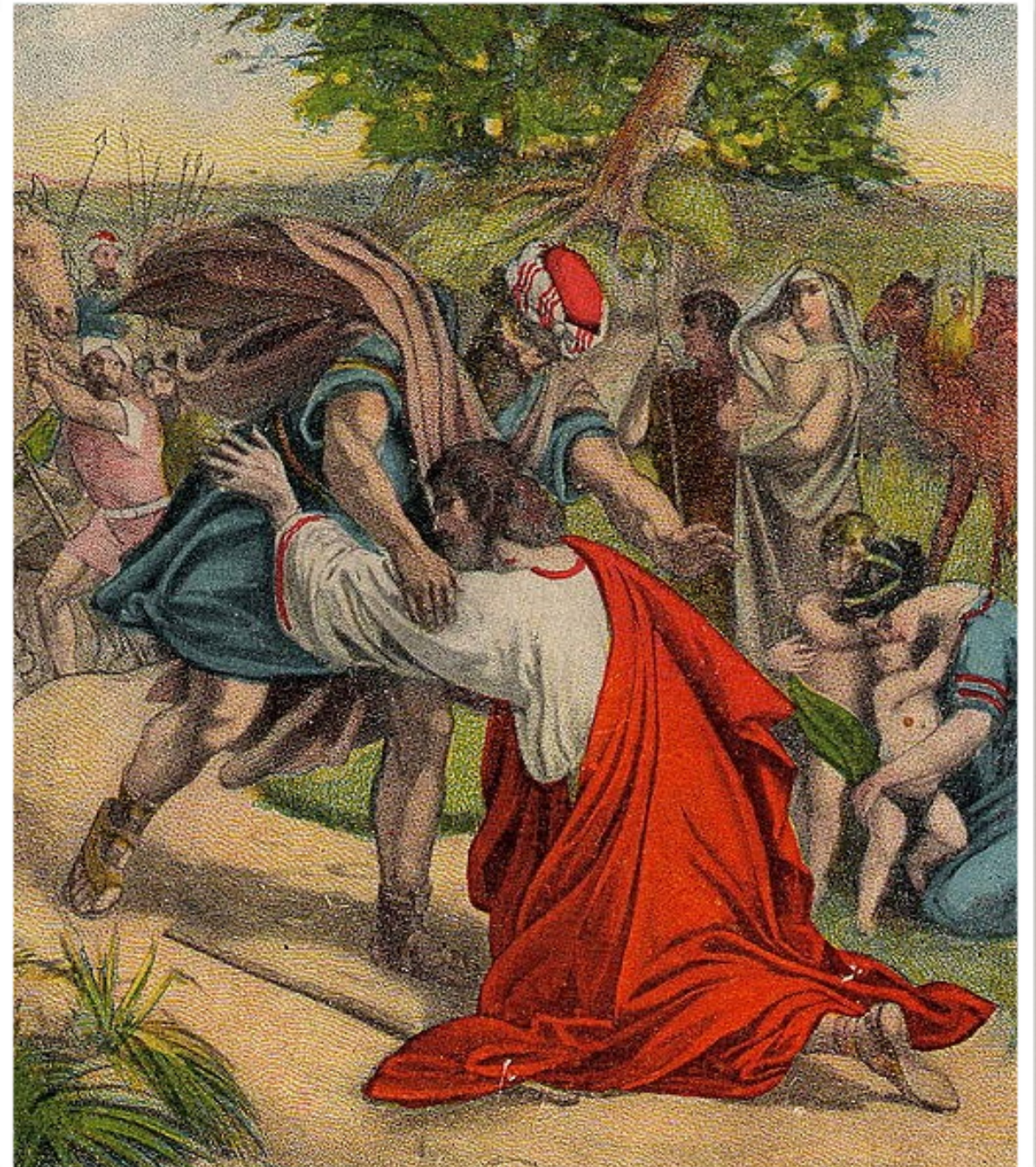
We all sometimes make mistakes
and make mistaken choices.

We are human and this is part of our learning and developing curve of life

The fourth step towards removing false guilt feelings:

Forgiveness

- ❖Forgive everyone whom has wronged you in your life.
- ❖Without releasing these grudges that we hold towards people which we feel have wronged us, we can't lead peaceful happy lives.
- ❖There is no need to ask for forgiveness from a person or to tell anyone that you forgive them, you can do this in your heart.



Forgive also yourself

Through contrast we know what we want

Actually, people whom have wronged us can be thanked for showing us how we do not want to live our lives and how we do not want to behave.

We can then change our attitude towards them to one of gratitude, for they have shown us contrast and made what we do desire better known to us.

Once we know what we don't want, we can focus our energies to what we do want to have in our lives.



In the next lesson we will learn how to release worry