

Chapter 3.15 Words to Live By

This brief chapter is a collection of my favorite sayings and beliefs. When I remember how each one originated, I will note that.

Everyone does the best s/he can do at that time in that context with the personal resources s/he has then, and when s/he can do better s/he will. (Virginia Satir)

Anything worth doing is worth doing poorly at first. Neurolinguistic programming (NLP)

There is no failure, only information (NLP)

If you don't at first succeed then try, try again; then do anything else because you know that is not working.

The more control you have over yourself, the less desire you will have to control others.

A well formed goal is stated in positive terms (i.e., if you don't want something, state what you do want instead), is measurable, and the success or failure is within your control. It is large enough to be significant and small enough to be achieved in a reasonable amount of time. One considers the effect the change might have on others. (NLP)

Communication is the message received, not the message sent. (NLP)

Resentment is like drinking poison and expecting the other person to die.

Emotions occur in the blinking of an eye, which is too fast to be a conscious process. Reasons and justification for the emotions are added later by the conscious mind.

The most frequent cause of a panic attack is the fear of having another panic attack.

More information often obscures what is relevant. More is often less.

I'm not aging... I am saging. (Suzi Smith)

It's easy to think of what you don't want; be creative and think of what you do want.

Negativity is the default setting of the brain.