



PYT Weekly Training & Support

Lesson #57 Changing Your Personal History

by Jim Katsoulis

Hello, welcome to this week's lesson. What I want to talk about this week is an area of your life and your thinking that, when changed, can completely and dramatically the direction and give you a sense of freedom and excitement because you really begin to tap into your true potential when you do this; and what I'm talking about is changing your personal history.

Now, as humans, we love stories; and the biggest story is our life is the story of us. And throughout our lives, there are certain experiences we have that really define that story and really lead to who we are now.

So, if want to create changes in our lives now and in the future, we need to change the way that we think about ourselves from the past. Think about it this way.

Over your life, you've had so many experiences, just too many to think about. But there are certain ones that are highlighted – good or bad. They're the ones that we really focus on think about when we think about our life story. So, what this process is about is not saying that things didn't happen; it's not that. It's about putting these things in their rightful place, bringing other events that we'd forgotten about to the forefront, and reframing the events that were negative, the negative events that have shaped us.

Now, I want to tell you that there are two things to this, as usual. I'm going to give you an exercise to do and, ideally, you'd like to do it right after this video is done. But you also want to start doing these mental exercises as often as you can. Even if you can't give it your full attention, the more you start thinking about these terms, the more effective it becomes, and the better you become at being able to manipulate your mind so that you get the results and the behaviors that you want.

And the other side is just to become aware that this stuff exists – your personal history. Take this phrase and think about. Meditate on it. Think about what it means. What is my personal history and how is it affecting me right now?

And when you identify the areas of your personal history that are holding you back and you can change them, again, what happens is you get a change that is natural.

I'm going to give you a specific example, a personal example. Growing up, my father passed away when I was nine; and there were about ten years of intense turmoil for me; and a lot of it led to the extremely destructive behavior in my teen years – a lot of drinking and a lot of just abuse of my body. And I would often come back to the reason I did this was because I didn't have a father. This was what I'd say to myself.

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So, this event led to a belief about me that made the behaviors that were destroying me possible. Without that experience ... I don't know if I would have done these things or not, but I wouldn't have that excuse.

So, the point of this is to, first, kind of figure out the limiting beliefs we have because, of course, my father dying wasn't the reason why I was acting that way. What the real issue was that I hadn't resolved those feelings. And once I did resolve them (I'm going to share with you how I did that in a moment) and I was okay with them, then, my behaviors changed drastically and tremendously.

So, that's what I'm offering to you here. Regardless of how bad a situation, an event, or an experience may have been, there is another way to look at it, and I'm going to show you that in a moment.

Now, this goes along hand in hand with the new self-image because, really, our personal history, ultimately, kind of creates this self-image we hold of ourselves. So, it's very natural that as you change your personal history, you are going to create a new self-image for yourself; and you should be, actively, looking to do that – creating a self-image that's going to serve you in getting what you want.

The first step is, again, identifying aspects of our personal history that are holding us back. And the way to do that is you may know very obviously the big things that have happened that have been negative; so, maybe, you would identify those very quickly.

The other thing, again, is to notice the limiting beliefs that you tell yourself. So, for me, I remember that I would just say, “Who cares? My father died and I don't have anyone here, anyways, that I can talk to,” and it would make me feel really depressed and all that. And so, then, I'd go to all those behaviors.

So, it was those beliefs I was telling myself that would allow me to kind of recognize where that's coming from. Now, again, that was a big event so that was easy to identify, anyways.

But throughout the day, if you go into a bad behavior, you don't want to just beat yourself up but ignore and deny that you'd do anything ... overeat or don't exercise. You want to be okay with it. And in those situations where we are overeating, if you can notice – what are you saying to yourself? You get yourself into a certain state and you're, literally, hypnotizing yourself into that place. But what are you saying to get yourself there?

I used to get myself to feel bad and sorry for myself; and once I'd gotten to that state, it didn't matter what I did. Who cares? And that's how I did it.

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So, when you start to notice your limiting beliefs, you're going to be able to tie them, oftentimes, into specific experiences that you've had, specifically, your personal history.

So, how do we change it? When there are “negative things” that have happened to you, one of the things we want to do is we want to reframe it; and you reframe it by asking the question, what good came out of that experience?

Now, this can be a painful question to ask. I understand that. It was painful for to ask initially, and I resisted it for a little while. But once I asked what good came out of my father dying when I was nine and leaving us in that situation; what good came out of it?

And once I've calmed down, the answers came. Well, I matured quicker. I was able to take more responsibility on and learned things that I may never have learned or not learn till I was older, and I came to a lot of things. It allowed me to really be who I was because there were no expectations from him.

So, again, these are just things I told myself and they genuinely felt real; they felt good. They helped me become the person I am now. I like the person who I am.

So, I started to look at this event that was just purely a negative and the cause of all the destruction of my life, and I reframed it, and I saw some of the positive things that came out of it.

Now, just because I saw some positive things didn't mean that, all of a sudden, I was happy that he had died; it wasn't that way. It was that there was some balance now, though. I knew all the bad stuff when he had died and what came out of that. But what I was, finally, doing for the first time was I was bouncing it with genuinely good things that came out of that experience as well.

And I'll tell you because I've worked with so many who had horrific experience that no matter how bad it is, there can always be something good out of it. Maybe it made you stronger; maybe it made you tougher. No matter how bad it was, you survived it and you're still here so you realize that you have some strength that a lot of people don't even have or don't realize they have.

So, no matter what it is, you want to get to that point where you genuinely and truthfully feel that there was something good out of it; and that's the first step.

Now, the next thing is that we want to begin recognizing times when we've acted in a way that we want to act. People, oftentimes, look at their personal history ... when it comes to weight loss that they do this very often. They'll notice all the times they've failed.

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Maybe they've dieted ten times, they've lost weight ten times, and put it back on every time. They focus on where they put the weight back on. They think about that situation, they think about that time they lost weight and put it back on; and it's just a negative, depressing experience to them. So, their personal history becomes one of failure, depression, and disappointment.

Now, what happens if you look at – well, I lost the weight – how did that feel? How did it feel to be successful, and lose the weight, and eat well, and be on track, and get the results I wanted? What was that like?

You see, it's always up to us how we perceive something. It's kind of like a video camera. You can zoom in specifically on a certain area and focus on that. And that's how you can use your mind. So, when it comes to your personal history, that's what you want to do. You want to, intentionally, frame events that have happened in a way that's going to best serve you.

Let's say, something horrible happened to you. Is it serving you now to continually think about it and use that as a reason why you're screwed up now or does it make more sense to take control of that event and use it as motivation and evidence that you are tough, that you are a survivor, and that you could keep going?

This is all about taking control of it and what's going to serve you best. If it becomes the weight loss, what's going to help you best – thinking about how you put the weight back on and every time you try it, you fail or thinking about how nice it felt and how good it was to get into that place and how you did it and making distinctions so that you don't make the same mistake you did before, getting the results and maintaining them, and doing it in a way that's going to be sustainable?

So, this is all about taking control of this. Now, I say that this exercise is about taking some time and reflecting on your personal history because what you need to do is you need to go through your personal history and knock out the big events that have defined you in a negative way.

I can tell you that when I first started doing this, it took me a year or two where I would just work through all the different events because they would just pop up randomly, and I still find myself working on them. So, it's never ending.

But what happens is once you resolve it ... like my father, that was a huge one. Once I genuinely resolved it, the main one that came to me is that I'm happy with who I am today. I'm happy with the person that I am and with the opportunities I have right now in my life; and I don't know if I would have had this if my father was still alive.

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So, maybe this is the life I was meant to live. That was the final thing I got to. I felt that was real. Of course, I'd still [inaudible] **10:08** but I was still having those other things.

So, when you get to a point where you can resolve the painful things that have happened, then, you let it go. Metaphorically, it's almost like if you're carrying a back pack with a bunch of boulders in it. As you let go of these past experiences that you have used to define yourself negatively, it's like taking the rock out and dropping it; and it's just easier to walk.

So, this is the process of looking at your life, the story of your life, and looking at the negative things, not saying they didn't happen, and accepting that they happened and, then, looking at the other side of it – the side they made you stronger, the side that improved you, made you tougher, made you smarter, made you more aware, and made you wiser.

So, when you do this, it changes who you are. It changes how you are as a person and how you operate. And I think it's just essential and it's very, very important along your journey here of transforming your body.

So, take some time now and do this. Look through the things that have been negative, reframe them; and then, take a little bit of time and look for the instances in your life that were positive and blow them up. You blow them up by taking some time and really focusing on it.

What happened? How did it feel? What did I do? Who was there? What did it sound like? All the details of the times in your life when you've done good things because for some reason, humans do this; they minimize the good things they've done, and they maximize the bad stuff that's happened or that they've done.

We want to flip that, and you can. I want to make that clear. You can change that up. So, do that starting right now. Take some time; eliminate the negative or minimize it; and maximize the positive things you've done even if it's just been little. You want to just create this history of yourself of success.

If you're here watching this, I guarantee you've got a long line of successes even if you've considered them small up till now. Make them big even if it's the smallest thing ever.

I'm happy with myself for ... I do dishes all the time. I like doing dishes. I like when the sink is clean. It's a little OCD but I like because it makes me feel good. I walk in the kitchen and I just feel good. I don't feel on top of the world, but it's just one little thing that makes me feel good.

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So, any little things you do that are good and make you feel good, blow them up. Feel that feeling because you're going to get addicted to it. And when you get addicted to feeling good, you're going to naturally eat better and your body is going to change.

So, work on your personal history. Do it right now. Take a little bit of time, and think about it, and continue to do it.

Thanks a lot and I'll talk to you next week.

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