

NEW THOUGHT TO NEW BEHAVIOR – PART 1

Making this leap often requires a leap of faith. The mind is comfortable with the old established pattern, like a soft well-worn t-shirt. In the movie, Indiana Jones and the Last Crusade, Indy is merely hundreds of feet away from the proverbial holy grail. Yet, he must cross a wide chasm to reach it and sees no way, no bridge, to cover the gap. He is told there is a bridge, and to just walk across it (yeah, right). He takes a deep breath and against everything his mind is telling him, he steps into the void and the bridge is there to meet him! He still can't see it but his feet lands on firm ground. He picks up pebbles and sand from the ledge and scatters them in front of him. Lo and behold, he sees the bridge.

A coach will help you take that leap until you can see the bridge for yourself. The result is a gradual shift that may look like this:

- **A full awareness** of all the underlying feelings, beliefs and thoughts you have which impact your current behavior.
- **An acknowledgement** that your current behavior has an impact on you and your relationships and you are now ready for a different outcome.
- **A recognition of the pain** your current behavior is causing you.
- **A desire to make a change**; to want to have a different impact and outcome.
- **A realization** that wanting a different result will necessitate having alternate thoughts, releasing limiting beliefs, and developing different feelings from new thinking patterns.
- **Making the connection** that new thinking results when taking different actions and therefore, new behavior patterns emerge and begin to be established.

Awareness, Acknowledgement, Recognition, Realization, Connection: See Part 2 for a dialogue illustration of the process.