

OOPS, IT DIDN'T WORK
I BETTER TRY SOMETHING ELSE

I've tried to blame others.

It didn't benefit me at all!
Anger didn't work hardly ever,
And the damage was enormous.
I guess I'll stop doing those!

I've tried to resist reality.

I've resented what happened.
I wished things were different,
But it didn't create any effect,
Other than me feeling bad.
I guess I better stop that.

I've waited for someone to rescue me,

But it hardly ever worked.
And meanwhile I felt powerless,
Waiting for someone else's power to benefit me.
And I spent so much time at it
That I could have spent elsewhere
To create happiness for myself.
I won't play the dependent, victim game anymore.
I'll just be the one in charge.

I hoped for and tried for others approval,

But mostly I just became anxious
And I mostly felt bad.
It just ran my life.
The occasional rewards
Seemed to cost me so much.
This does not seem like a game
With a good payoff.
I better stop playing it.

I criticized myself,

I tried to punish myself,

All so I could be motivated
To get better
And to be more successful in life.
But all I seemed to get
Was a little bit of occasional motivation.

Mostly I just felt bad
And it got in the way,
So I actually got less done
And was less motivated.
I think maybe I'll stop that.
I think I'll be nice to myself.
I think I'll not allow useless negative stuff.

I tried to **predict the future**
But I tried to do it with my primitive brain,
Which is always looking for the worst
And then seeing it happen –
In my mind's eye!
Oops, I just succeeded in feeling bad.
I kept on referring to my past
And then used it to predict my future,
At it's very worst!
Well, that didn't work out well!
Maybe I best only plan well
And use reasoning.
Maybe I better create my future,
On purpose,
Using my higher brain!
And know I can rely on myself
To handle whatever happens.
I'll stop leaving it to
Stupid predictions
From my primitive brain!
No more!
It is never to be allowed!
I shan't believe it,
It isn't right!

I tried to **operate from**
What I devised as a child and
What I learned from the "Big People".
But then I learned
That a lot of it was incorrect
And that I best correct it!
I see that it hasn't worked
To keep operating
On old beliefs
On old decisions
Made without full reasoning.

So, I think
That I will use my reasoning,
That I will correct what needs to be corrected.
And then operate based on what works
And on what is right to do
To produce the results I want.

Most of all,
I learned
**That if it doesn't work,
I better stop doing it.**
And create something
That will work.

Duh!

Well,
It looks like I get to,
Finally,
Just **operate as a full blown adult,
Fully responsible for my life,
Dependent on no one.**
And certainly not dependent
On getting approval from others!
*I am 100% responsible for my life.
And I can create the best
From whatever occurs
And I can create my own happiness,
At last!
I can create the life I love,
By playing the right game
With the right rules,
The right habits,
The right practices,
And using my full reasoning power.*

I'll just keep doing the little things that are positive,
Learning as much as I can,
Trying not to be too perfect about it,
Following the path,
Reading great books,
Being with good people,
Following great leaders,
Learning and doing what successful people do.

I will run my life imperfectly,
But I will progress by doing little things
That are positive and contributive
Every day.

I will run my life by asking
“Is this a step forward
Or not?”
I’ll choose the “forward”
And not the numbing out
Or the “checking out”.

I’ll get clear on my ultimate values,
What I ultimately stand for,
And I’ll live those values.

Ultimately it is simply about
Who I become.
And, make no mistake about it,
I will create a great person of me!

I can create virtually anything I want!

I now know that this way will work!
(At least better than the old way!)

So, now, on my newly decided path, I will learn the following, by reading on The Site (www.thelifemanagementalliance.com), finding them via the search engine. Later, follow the links from each to learn more:

Reasoning For No-Blame
Anger
Accepting reality
Victimhood
Approval
Criticism
Creating a new future