

2009.06.22.23

YOU CAN TAKE CHARGE OF YOUR LIFE

It's clear that being in charge of your life has to rest solidly on knowing who you are and what you really want. Easier said than done, but maybe it shouldn't be so difficult. After all, you've been there the whole time. *How can anyone know you better than you do?* Sounds very logical, but most of us are busy covering up who we really are just as fast as we can uncover our true selves. It's like trying to dig a cave in a sand hill; the faster you dig the faster it pours in and covers up.

Incidentally, that's what psychoanalysis is all about -- helping people get straight with themselves. Not telling them what to be, but helping them find out who they are, and how to become what they really want to be. First of all, don't sit in judgment on yourself. Don't get hung up on whether you're good, bad or indifferent, or whether you're better or worse than others. Instead, try to know yourself as the kind of person you *are*. If you already know pretty well what's important to you, you've already got a head start.

What turns you on? What makes you feel enthusiastic or moved? If you can't think of anything, you're depriving yourself and will have to dig out from the blanket of gray doom that shuts out the sunshine for you.

When you're free to choose, how do you spend your time? Is there some kind of activity that keeps you interested? That may be an important thread to unravel the mystery of who you are. But if you just sleep, daydream; watch TV, there's likely not much satisfaction in your life.

What satisfaction do you get from work or school? If you mostly feel resentment toward them, you're denying yourself the creativity of finding something interesting or pleasant about necessary daily activities.

If you were completely relieved of the usual practical considerations (such as receiving a sudden inheritance), what's the first thing you'd do? What would you do with your life? Answering this question can help bring your fantasies up to consciousness.

What do you tend to think of regularly just before falling asleep? Does some particular thought or fantasy seem to recur often?

If you can answer these questions about yourself with fairness and honesty, then it'll be possible for you to face some truths about yourself. Don't put yourself down if the picture that emerges isn't totally to your liking. Respect the life that you've been living even though you may now want to change it in some way. The beautiful part of it all is that if you don't like what you are, you CAN PROCEED TO CHANGE IT by your own creative efforts. The real stunner is that you don't have to take yourself as a prepackaged product coming off the assembly line. Nobody has created a self from scratch -- we all copy bits and pieces of something or someone along the way, and the manner in which you go about choosing, the elements you use as building blocks for your own personality, the ways in which you put them together, spell out that which is *uniquely YOU!*

Much of what you are you have made, and it's your right, if not also your obligation, to remake yourself exactly as you see fit! You already know a lot more about what works and what doesn't work for you.

If you see something you don't like, the chances are YOU put it there and YOU CAN CHANGE IT!

From: How to Take Charge of Your Life
By: Mildred Newman & Bernard Berkowitz

Read by: Ken Haystead
June 22 & 23, 2009