

Relationship Rehab Show

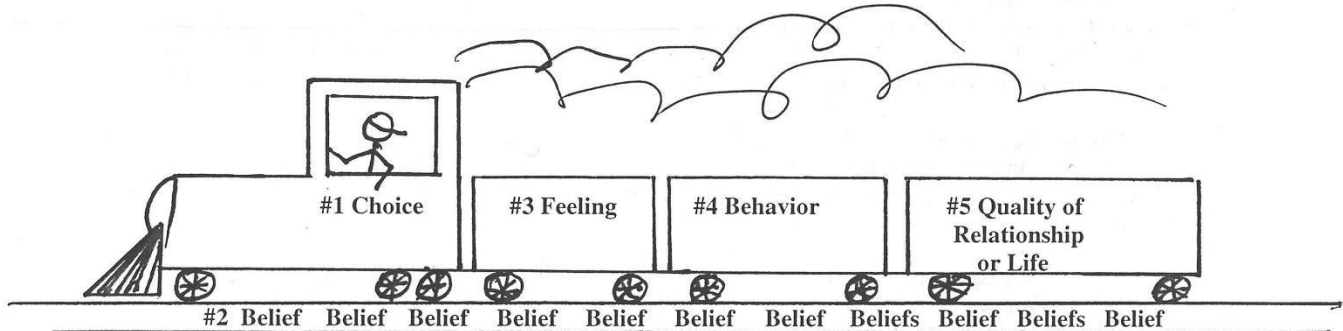
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Beliefs Dictate Destination

From “[How to Stay Married & Love It EVEN MORE](#)” and **MODULE SEVEN** in the [Millionaire Marriage Club](#) found at www.RelationshipRehabShow.com

There are things that, of course, are beyond our control. So called “acts of god” like a tornado that destroys your home, or a partner who dies unexpectedly, or a child born with a birth defect. Not everything is due to our beliefs.

Yet a great deal that we experience IS the result of what we believe about ourselves, others around us, the world in general. We may be totally unaware of most of our beliefs. Child psychologists tell us that children adopt 80% of their beliefs before the age of five. Yet few of us dig deep enough to uncover beliefs that seem to be the bedrock of what is true for us since they were adopted long before we had the mental capacity to reason.



The track is our belief...for example, a belief that all men are cheats. If you have adopted that belief as a result of your father cheating on your mother, then you will inevitably attract men who, no matter how much they pledge their love and faithfulness, will eventually cheat. I have worked with couples where this belief is so deeply embedded in the wife’s consciousness that she is frequently suspicious and distrustful, exhausting her husband’s repeated promise of faithfulness. In some cases, her belief eventually results in his cheating. (Let’s be clear here. his cheating is still 100% his responsibility!)

What if you believe that there’s no way you could ever double your income? Then you won’t.

engineer in the above train is choosing which belief on which to run his train. That choice can be conscious or unconscious. But the belief will result in a particular feeling, the feeling will prompt certain behaviors, and those behaviors will create the quality of your relationships and your life.

To determine what it is you believe, look at your quality of relationship or life. Are you happy with things the way they are? Is there some part of your life that makes you feel unhappy? Then track that circumstance back to what behaviors are creating this circumstance in my life? What feelings drive my behaviors? What am I choosing to believe that produces these feelings?

You can very consciously choose a more empowering belief. Your subconscious mind trusts whatever belief it hears the most often. For example, "Some men are untrustworthy. Some men cheat. But my clear intention is to attract and support a relationship with a man who values faithfulness and trustworthiness as much as I do." Then you take your time getting to know any new relationship, and you are very clear about your expectations, so you notice any red flags and sever relationship with a man who cheats in little ways...like not paying his bills on time, or habitually showing up late for a date. How a person handles small commitments is indicative of how he or she will handle larger commitments.

If you're unhappy with your income or your financial condition, what behaviors have contributed to that condition? What feelings drive those behaviors? What are you choosing to believe about your ability to earn money?

As you ask these questions the answers will give you clues. Have you chosen to limit your education? Are you afraid to launch a new career? Afraid to go back to school? Feeling inadequate or even stupid because of something that happened in the fourth grade? Are you intimidated to earn more than your parents earned? Would it feel disloyal to want more than they settled for? Did you believe what your parent or a teacher said about your limited abilities? These are not easy beliefs to dismiss, but it can be done!

Affirmations are consciously chosen beliefs that are repeated until they become our new reality. For instance, "I am deserving of a lifetime commitment from a man who is just as faithful to me as I will be to him." Or, "I am open to education or opportunities that will result in doubling my income by doing work that is enjoyable and fulfilling to me."

Next, spend time with those who are higher achievers than you or that have a happy committed relationship. Limit time with naysayers, complainers, and low achievers.