

A photograph of two young women with long brown hair, laughing and looking upwards. They are in a field of autumn leaves, with some leaves falling around them. The woman on the left is wearing a white top and large blue earrings. The woman on the right is wearing a black top. The background is a soft-focus green and yellow foliage.

Get the Connection
and Support You
Always Wanted!

9 Things to Drop

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How to use this guide to getting the connection and support you always wanted

This short guide to Drastically Improving Your Life by getting the Support and Connection you always wanted, is adapted from the most popular blogs on

www.i-nfinitepotential.com

As the blogs are typically very short, I have added a bit more helpful information in here

The idea is that we can change in one of two ways:

We can add new routines and practices and habits into our life

Or

We can decide to JUST STOP doing things that are harmful to us.

While both ways are needed and necessary, it is really helpful to become aware of our bad habits, examine them to see if we really still need them (and if they are bad habits, we DO NOT need them!), and then just drop those habits!

This creates a vacuum in which good habits, coping skills and growth tactics can flourish.

These habits took a life time to establish. Take your time, tackle one thing at a time, become aware of how often you do this one thing, and change it - one by one. Be willing to be patient, and if you apply these tools diligently, you will almost not notice that you are handling life better. But if you look back a short six months from now, you will know the ways in which your life have improved.

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Sometimes just deciding to stop something which does not work, can make a huge change in quality of life and generate more happiness.

1. Stop Self-Bashing!!!

The thing we do the most often is the easiest thing to drop!

It just needs awareness!

"It's as if the psyche has three parts to it: one part says, "you're not good"; another part says, "you're good"; and a third part - the one we identify with - listens. The problem is that the critical, shaming voice is usually much louder than the protecting, encouraging one." - Rick Hanson, Neuro-Psychologist

The thing with self bashing is that it is so pervasive. Until we become aware of how often we do it, and in how many ways we are mean to ourselves, it is a never-ending string of self abuse.

Seriously, would you ever call your best friend in the world a fat arse? Lazy? Dumb? Idiot? Stupid? Useless?

Of course not!

You would much rather encourage your best friend, support your best friend, give positive input and find a better way to look at things.

Newsflash!!!

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What we learn from research in neuro-psychology is that the part of the brain that is shaming and mean, is more powerful than the part that has access to our soft parts - our younger, more vulnerable parts. Rick Hanson explains that when we open to all of our experiences and our soft parts, we get better at more balanced decision making - we are able to see ourselves with more perspective, more kindness, more empathy.

Helpful tip: Ask your loved ones and friends to help you become aware of negative self talk.

We are just so used to doing it that we do not even hear ourselves anymore!

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So get some help on your side, make it a game!

Every time you catch yourself, you can choose to replace the negativity with positive, empowering words - out loud!

I am learning.

I will get better.

Good enough is good enough.

I am a work in progress.

Baby steps is how I do it.

Everyone makes mistakes.

It is human

When you know better, you do better (Maya Angelou)

I, like everyone else, do not need to be perfect.

Perfect does not exist!

I love all of me

You do not need to believe it - yet. You just need to say it.

Your sabotaging sub-conscious self will catch up soon enough, and sooner if you say the positive things out loud. Research have shown that the brain just need to hear it out loud for it to believe it. Writing it out also cements your new attitude into a firm believe.

But acting in a self-caring, self-loving way is the number one best way to bring about a permanent change in how you view yourself and how you treat yourself.

Book that doctors appointment, go on that weekend break, have tea with a friend, buy yourself a bunch of flowers, download the meditation app, schedule in me time, read a trashy novel just because, learn something new, do something spontaneous, have a picnic, buy a new CD, have fun.

Let me know what YOU are doing for YOU. You are WORTH it!

Therefore I am giving you a challenge right now: Write out your 3 to 5 top goals in bringing a Kindness-to-Self Practice into your life, and plan the action steps to implement your new strategy

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These four things - **Withdrawing, Blaming, Justifying and Judging** - are self defense mechanisms born in poor self-esteem.

Good internal self-esteem takes time and awareness to build (for those of us who have not been provided with self-esteem building tools during childhood). And a lack of a positive internal sense of self is behind most of life's struggles, so it is really important to work on repairing that. But as I said, it takes time...

First step is to become aware of how often we actually still use these coping skills.

Oh bummer, moment!



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2. Withdrawing:

Whether it is punishing someone else with silence, manipulating someone into acquiescence or simply because we ran out of tools, withdrawing is the single biggest way in which we can **punish ourselves!** I mean, do you actually like that place you choose to go to? Alone, sad, powerless, bewildered? Just sitting there all by yourself waiting for someone else to do something so *you* can feel better? Seriously? Of course not. No one likes that place. We just do not know other options

We keep doing it, because we have found it to be a very effective way in the past to shield ourselves from hurt of the "See if you can touch me now" variety. The I-will-just-not-feel kind.

Problem is - does it make you feel better?

Does it get you support and joy and contentment? Does it get you connection?

No. Never.

It *does* get you loneliness, sadness, a deep longing for connection. And a empty hole inside yourself.

But it is our favourite coping mechanism when we run out of tools. Because we have told ourselves it is the only way to keep ourselves safe - to prevent vulnerability.

Good news is that with improved tools we do not need it anymore. We just need to shake the darned bad habit first!

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New tool: Find your adult voice. The one that can calmly and unemotionally state what you need, what you cannot live with and what you can do about it. This is **empowering behaviour**, as opposed to withdrawing, which is JUST. BAD. FOR. EVERYONE. INVOLVED.

3. Blaming:

Blaming is simply **ineffective**, as it leaves you with another party who is now on the defensive. and when someone is defensive **they cannot hear you**. Blaming also put you into helpless mode, exactly the opposite of what you would like to achieve by blaming in the first place, right? You want something to change when you blame, yes?

Ain't gonna work, sweetheart!

Blaming is also as much about yourself: it is just easier to blame someone else when your own sense of self does not allow you to be wrong.

So, once again, it is about self-esteem!

New tools:

First wrap your head around this: Everyone gets stuff wrong. All the time. and it is OK! You can now drop this idea that you will dissolve into a little puddle if you get something wrong! Go on, prove me wrong!!!

Secondly, give up on the idea that your worthiness comes from being "right" You were born worthy, Sweetheart!

Lastly, take responsibility for your part (yes, you always have a part in whatever is going on, even if you just choose to allow it!)

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Decide what **you** are going to do about it. See, instead of putting the ball in someone else's court by blaming, you rather empower yourself!

And then accept the lesson learned with gratitude.

Juicy, yummy stuff!

4. Justifying:

Justifying solves nothing. It tangles you up in the he said/she said wars. It is messy and unproductive, and leaves everyone feeling yucky and frustrated. If you find yourself justifying, it is because you feel blamed or attacked.

Justifying is just more of the same "I must be innocent" stuff which is tied up to the stories we tell ourselves about who we are and who we are supposed to be.

When our sense of self tells us we have to be "right" to be acceptable, we will try to remain "looking right" by justifying our actions.

If we associate "wrong" with being "unacceptable", we will try anything not to be unacceptable!

If we've been trained into feeling powerless if we are wrong, we can choose to change that by understanding that we always have choices. we really do have, even when there is a gun to our head! Right?

New tool:

So let them blame you and attack you.

So what?

Just once CHOOSE not to react.

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Rather respond. Say "You think so?" or "Really, you feel that way?" *Note that you are not agreeing*, you are just hearing the other person.

And that is the aha moment.

They **feel heard** and you can **examine** if there is truth in their statement and then **CHOOSE** your **appropriate response**.

Magic!

5. Judging:

Judging tells you *nothing* about the other person and *everything* about yourself. So use it to help yourself!

Maybe it is that judging makes you feel in control, maybe you judge because you believe it is your job to change people's behaviour, and maybe you judge because it helps you feel better about yourself? The old self-esteem issue again...

NEW TOOL: Find out what the other person triggers in you.

Do you feel helpless, or judged yourself, or abandoned, or not good enough, or left out?

Work on that, and the need to judge others will disappear over time.

Yes, it is hard work, I know. But it is worth the effort, as your internal triggers will be neutralized and you will move towards serenity. Big prize waiting there...

OK, so I know these things work because I had to do everything of the above myself. Baby steps, darling!

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6. Self-Protective Walls



So let us try a simple exercise:

Go back a second to the time(s) in your life when you decided, "Enough, I do not like being hurt anymore. I will just not feel, I will just not expect, I will just not hope, I will just not put myself in that position again." Go back all the way, to when you did it the first time. Those are always rather big moments, and they will stick in our memories - our monuments to self-preservation.

Now think carefully about what you wanted to achieve originally. You did not want to feel sad, or left out, or powerless, or lonely, or not good enough, or invisible, right?

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Big question now is - does having those thick, high, solid walls achieve any good results? Do they make you feel safe, secure, connected, wanted, included? Which part of having walls gets you what you truly want? Which parts of your human needs do you have to ignore in order to keep those walls going? What is the price you are ultimately paying - for a decision that is self-imposed?

Is it simply an exercise in contracting your life, contracting who you are? As opposed to expanding...

And what would expanding feel like? Could expanding be stepping into your power as an adult to make decisions that are good for you? What if it is making better choices that enrich your life? Could it be that emotional safety is actually in you **finding your voice**? And in loving yourself, respecting yourself, celebrating yourself, honouring yourself?

If we keep denying our human needs of connection, or try to go about it by locking out anything that makes us feel vulnerable, the results are guaranteed to be the very thing we tried to prevent in the beginning - hurt. And what we do not understand is that walls do not only hurt the prisoner inside; it also hurts the people we push away.

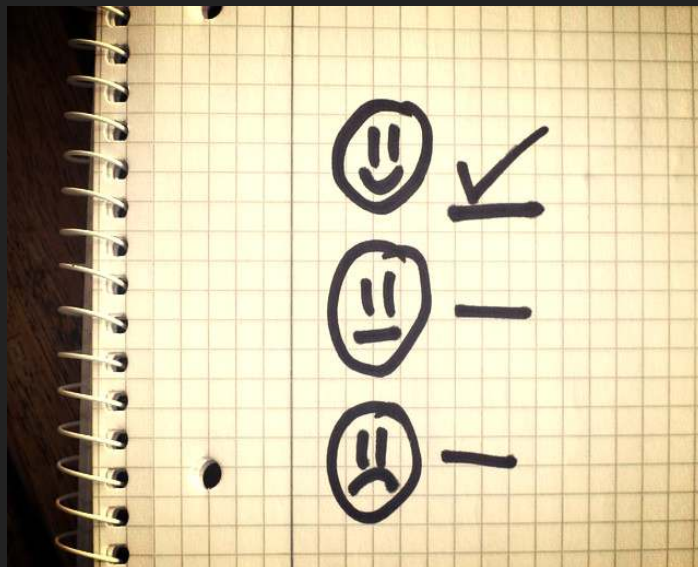
True story...

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7. The Need for Approval

Approval is the thing that really lights up our day, is it not?

Just think about it – that warm glow you bask in when someone gives you their unadulterated, beautiful, shiny approval. Yip, great feeling that!



Now there is nothing wrong with liking it when someone approves, or compliments one, or heaps praise on thick. It is only a problem when it is more important than liking your own mind. When it is more important than knowing your choices. And more important than having wants and needs.

Most of us can get very easily manipulated by our need for approval. And that in itself is already a great reason for giving up the need for approval. It really is not a pleasant thought that others may be using your insecurities against you shamelessly in order to get you to comply with what they want for themselves! And know this; they will use that weak spot mercilessly. And with obvious good intent... As in “For your own good”, as if anyone has a right to tell you what you should want and need and what is good for you!

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And the simple action of taking away approval/attention/affection is often all it takes to get you to comply with

- someone else's opinion
- their wants and needs
- their insecurities and controlling behaviour.

When we run on the high octane fuel of seeking out the approval of others, then we continue craving that high that we can only get when someone else is willing to give us the input, the push up, the nudge forward. We are then quite simply other-directed and people pleasers, and will continue giving up pieces of ourselves just to get another jab of our drug of choice – someone else's idea of what is good and right. For us.

Ouch.

But by far a greater reason to stop yearning for approval is that we actually get to know our own mind when we stop craving the approval of others. Now this is really addictive stuff – of the best kind! Getting to know that you can want things and have needs and really are supposed to be first in your own queue, that is a heady potion.

A good potion!

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This is what adults find out: it is no-one else's job to know what you like, what you want, what you need. That right is yours and yours alone. And this is the thing about empty spaces; if you do not take your rights as an adult, then someone else will impose their will on you!

We can also do things that are not serving us - where we know we are giving away huge chunks of our self-respect - because of other fears:

- fears of being alone
- fears of not being able to function without someone else
- fears of decision making
- fear of being wrong
- fear of judgement
- which all really boils down to fear of abandonment

Fear of abandonment is usually deep seated, based in an upbringing in which you experienced strong feelings of not being safe and nurtured. Although awareness of these triggers can help you on the way towards being more present in your life, you may need the support of a group or a professional who can help you shine light on your blind spots. I am a big believer in the healing power of supportive, anonymous groups, even though the thought is very intimidating to someone who have believed all their life that they have to do everything all by themselves. So if you identify with any of these fears above, I am going to suggest that you be kind to yourself and find support. It is the shortcut, which will save you many years of heartache and doomed, co-dependent relationships.

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So how do you know that you are not just doing these approval-seeking things because you are a nice, kind, generous person? (All great attributes, by the way!)

Just check yourself for anxiousness, resentment and passive aggressiveness while you are doing all these “beautiful”, selfless things in order to not lose someone’s approval. Because that is unfortunately what happens when we are locked into the approval-seeking-habit: We give and give until there is nothing left. We become resentful. We push people away with our passive aggressive behaviour. Or we are anxious and needy, never sure of ourselves, always needing someone else to make us feel better.

And we end up with exactly the opposite of what we were seeking in the first place. Just emptiness. And the ache of longing for our approval fix!

Because neediness or passive aggressiveness pushes people away – and that is what we find out the hard way.

So the solution is to get into balance:

We can give because we want to, because we have abundance.

Not because we feel obliged, morally obligated, pressurized, coerced, or worst of all, fearing the loss of our loved one’s love, attention, connection and/or approval.

Yes, we need to work on our self-esteem as a high priority. It is always the core reason we are out of sync, not peaceful and contented and not self-directed. Because when we have self-approval, we do not desperately crave other-approval. It then is just a nice bonus!

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8. Holding on to Grudges

Grudge (n): "a persistent feeling of ill will or resentment resulting from a past insult or injury".



Are you carrying a grudge you just cannot let go? Or more than just one or two big ones? Or is it a normal part of life? Do you often have to push people out of your life because of grudges you have no way of resolving?

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Most of us struggle with letting go of grudges from time to time, but if it is a regular way of life for you, or if your world is getting smaller and smaller because you are shutting out more and more "offenders", you are doing yourself unnecessary harm. The great thing is that awareness and just a few adjustments will help you to still be self-respecting, and keep harmful people out of your life, without losing unnecessary people.

There is enough reason to want to let go of The Habit of Holding Grudges once we become aware of all the negative and draining energy we create in our own life, through holding grudges:

***Synonyms:** begrudge, resent, feel aggrieved/bitter about, be annoyed about, be angry about, be displeased about, be resentful of, mind, object to, take exception to, regret, give unwillingly, give reluctantly, give resentfully, give stingingly.*

We are tying ourselves to the "perpetrator" and the action that invoked the grudge by continuously living out these negative feelings! We keep on building the grudge because we have this negative storm cloud swirling in us, but we are not realizing that we are creating this negative energy ourselves by holding on to that grudge for dear life!

Grudges are about

- feeling less than
- feeling rejected
- feeling judged
- feeling hurt
- feeling abandoned

Yes, we are going to have beautiful explanations of how we were hurt and what was done to us and very real stories that logically explain this grudge.

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But that is not what it is all about. It is about how we felt. About what we perceive the other person to have taken from us.

So how do we get into grudge-mode in the first place?

First you forget you are an adult with a voice

Then you switch into victim mode.

Now for getting out of grudge-mode:

1. How we feel depends on how we choose to see something.

"Mom, he took my truck!"

"That is fine, let him play with it. You have plenty of toys"

I mean, that happens to everyone, doesn't it? How you process it just depends on how loved you feel, how many toys you have, on whether your mum will support you if the boy breaks your truck, and on how good she is with affirmation and distracting.

But when we are adults it is our own job to affirm, be reasonable, have a "no" and have consequences and not try and resolve things by lying on our backs, screaming and kicking wildly!

2. We remember: "I am an adult with choices, a voice, a no."

We remember that we are not 4 years old, we are not powerless, and that we are supposed to be our own adult.

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People do what we allow them to. They do not do it to us. They have our silent permission when we are not choosing to be our own adult.

3. We grow ourselves bigger

We do that by loving ourselves, by affirming ourselves, with self-care and self-acceptance. And as we grow bigger inside ourselves, less people and events are able to hurt us into grudge-mode. As grudges are about feeling less and besieged, growing stronger automatically takes care of it.

And as we grow ourselves, eventually we will either not see those perceived injuries any more, because they were self inflicted for the most part, or we will be able to feel a measure of compassion for the "villain" in the story.

Last little note...

Letting go of grudges does not mean inviting harmful people back into your life. Part of growing up is realizing that a boy who breaks your truck just cannot play with your truck!

Letting go of grudges means letting go of

"feeling aggrieved/bitter about, be annoyed about, be angry about, be displeased about, be resentful of, mind, object to, take exception to, regret, giving unwillingly, giving reluctantly, giving resentfully, giving stintingly".

Let me know if the bells are ringing!

Ding, ding, ding!

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9. Going it Alone

We have this unfortunate tendency to think we should be perfect; it is our job to fix everything; we should be able to handle everything life throws at us.



And then we think that we should be able to DO. IT. ALL. BY. OURSELVES!
Oh so not true!

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We bestow such a gift on others when we ask for **help**, when we ask for **support**.

And on ourselves!

It is really quite simple: There is strength in numbers, in more than just one view, in a view from outside us.

Baby steps, Sweetheart - just reach out to just one person today and ask for what you need.

Someone out there has walked the walk. And if the first one, or the second one, or the third one cannot help, keep asking until you find support.

It is your own job to ask and search.

And you are worth it!

If all of this have left you overwhelmed, needing support or wanting more information, scroll to the end for a very special time limited offer!

Recapping next...



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- Withdrawing** An ineffective coping mechanism as it makes you powerless by putting the ball in someone else's court.
- Blaming** Another ineffective coping mechanism as real power is in taking responsibility for how you allowed yourself to end up in a situation.
- Justifying** A way of deflecting attention from your own feelings of inadequacy by explaining how you cannot possibly be wrong.
- Judging** Making yourself bigger by making someone else smaller reflects only on your own lack of self-esteem
- Protective Walls** They do not protect, they keep us from life. We may fear being hurt, but in reality we just keep getting less and less love and connection. Hurt will not kill us. Loneliness will.
- Approval Seeking** Giving over power over our own lives to other people
- Grudge Collecting** Holding ourselves captured in negative thinking cycles
- Self-Bashing** Chopping ourselves off at the feet!
- Going it Alone** Our lack of self-esteem actually trips us up here as we wrongly believe that we must look perfect! Asking for help freely is actually a sign that your self-esteem is improving!

If any of this has identified some pain-points or if you are eager to jump into this and really take your life back, read on for a great opportunity

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Welcome to Living a Life of I-nfinitePotential A life designed for getting Support & Connection!

By now you have learned a few handy new tricks which will be very helpful in redesigning your life into the life you are wanting for yourself.

But you may have identified some pain points, and you may have realised that you want more information.

You might have come to the conclusion that you want more personalized help.

The **12 Week Course**

**"Get the Support and Connection
you always wanted"**

is specially designed around the topics of this book, with 3 bonus modules!

[Learn more](#)

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Support & Connection Course

- More in depth coverage of the 9 topics covered in this book.
- Weekly Checklists, Self-evaluation and Action Points
- **Bonus** Module 1: People Pleasing and finding your "No"
- **Bonus** Module 2: Over- Control
- **Bonus** Module 3: Victim Mentality and Adult Behaviors
- Questionnaire with personalized results
- Exclusive access to the Private Facebook Support Group Page with a Weekly Facebook Live session discussing one topic a week and your chance to get answers to your questions.

Special Limited Time Bonus on Completion:

An Extra 30 minute Individual Wrap Up Session One on One

*(Valid for 3 months^{***})*

Bonus 2!

A 30% Discount Coupon for the Self-Esteem Course

Bonus 3

Weekly Quiz to evaluate how effective the Course is for YOU

Your input is valued at every stage in order to improve the course for you and future participants.

"A real decision is measured by the fact that you have taken a new action. If there is no action, you haven't truly decided"

— Tony Robbins

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So if you are ready to take action and change your life with expert support, hit the button below!

Enrol Here!

Ok, now that you have found some value here and is on fire about the steps needed to invite love and connection into your life, lets give you a few ways to stay in contact!

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