

## Create Your Best Reality

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Joan Dickinson, Life Coach  
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Try this phrase out, “My thoughts create my reality.” I believe it. I want you to believe it. If we change our thoughts, our attitudes, our actions, and even those little guiding voices in our head also change. Magic. Positive thoughts create positive realities; negative thoughts create negative realities. Fear is one culprit that causes negatives, procrastination, indecision, and unhappiness. Phrases we say to ourselves, such as, “I can’t do this” or “I should do this,” have programmed us to maintain the status quo and settle for mediocrity, instead of reaching for the best. If we say “why not?” instead of “why?” and explore new options, we can be happier. What do you want most in your life? Creating that reality will make you happy.

OK, so you still have some hesitations about my philosophy. Here’s my special Reality Test. Try this test yourself-- right now. Say to yourself, “The reality of the situation is \_\_\_\_\_ (fill in the blank). When you completed the sentence, did you feel empowered or discouraged? I bet discouraged. Now try to complete the sentence so that you feel great, happy. “The reality of the situation is \_\_\_\_\_ (fill in the blank with a happy thought). I’d be surprised if you can. We usually don’t say, “The reality of the situation is that I’m in love or have won the lotto.” Instead, we usually make some negative judgment, a downer statement. We feel powerless to change a situation; hit a brick wall. If this “reality” is beyond our control, we must accept something that makes us unhappy.

When I practiced as a psychologist, I heard again and again from depressed clients phrases like:

- The reality of the situation is that I’m too old to go back to college.
- The reality of the situation is that I should stay in my current position because of the pension, health care benefits.
- The reality of the situation is that I like to be practical, responsible and not take unnecessary risks.
- The reality of the situation is that dreams are just that, dreams.

In this way we limit our choices to achieve true happiness. Brick walls are usually in our imagination. The solution? Change that negative programming in your head. And by all means stop listening to others who are discouraging. Reprogram your self-talk to:

- I can do.
- I can make more money.
- I can achieve my \_\_\_\_\_ dream.
- I can find a great life partner.
- I can overcome or walk around obstacles in my path.

I work with my coaching clients to eliminate negative programming tapes and replace them with more realistic, positive tapes. Positive thoughts are more realistic because I believe, even if left alone, our minds and bodies tend to heal, to grow, to develop in naturally positive ways. This is not revolutionary thinking, although I'd like to take credit for it. Sometimes, we just trip on our feet and get in our own way, conjure up fears and say, "I'm just being realistic." The more we use that term, REALITY, the more prone to depression and anxiety we become. It means we have limited our choices to achieve our most precious goals and dreams.

The cure? Thought interruption works. The next time you hear yourself using a reality phrase, say STOP. Then replace that phrase immediately with, "If I really want to do this, I can." Sit down; write a goal. Now write the specifics of how you can achieve that goal, the who, what, when, where, and how's. Any negatives or obstacles can be overcome with your plan. Create your best reality.

Joan Dickinson, Ed.D., is a life coach, a retired psychologist, professor, behavioral health care director and consultant. She loves to swim, kayak, fish, practice yoga, meditate, walk and explore nature. Her column appears every other Saturday. She can be contacted at her web site, [PerfectLifestyleCoach.com](http://PerfectLifestyleCoach.com), by phone at 941-778-8356 or write to PO Box 731, Anna Maria FL 34216.