

**RESCRIPTING YOURSELF
FOR SUCCESS**

BY

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If society had left you alone when you were a year old, you would today be using all of your *potential self* instead of using less than one-third of it. Instead, your potential self is now handicapped by what many psychologists call your *repressive self*. Why is understanding your potential self so important? Because your potential self contains a variety of talents and abilities you don't even know exist.

In many cases, you well-meaning parents have made you an inadequate "carbon copy" of the person *they* wanted you to be, Rather than encourage you to develop self-confidence, they may have subtly disparaged and undermined you, dominated you or unconsciously attempted to use you to fulfill their own frustrated ambitions, They may have unwillingly stifled or distorted your personality, convinced that everything that they were doing was for your own good, Don't, however, hold them responsible, At the time, and still today, they may not know any better!

Researchers tell us that fear is an appropriate and natural response to realistic, *outside* dangers, Anxiety, however, is a response to *inside* dangers, The repressive self is your particular system of psychological defenses which you use to ward off the crippling emotion of anxiety, or inside danger, As human beings, we can express our relationships with others by moving towards them, against them, or away from them.

When anxiety comes into play in your repressive state, those ways of relating to others turns to unhealthy forms of communication known as the *Appeaser*, the *Aggressor* and

the *Retreater* states. All of us have these three responses within ourselves, but usually only one state is dominant and describes you.

TYPES OF REPRESSIVE COMMUNICATION STYLES

THE APPEASER. In the Appeaser state, you move towards people. You rate yourself by what others think of you. Your self-esteem rises or falls with other's approval or disapproval. As an appeaser, you have a tremendous *need* for affection and approval and protect yourself against anxiety by displaying over-dependency in others. You are hypersensitive to anything that even remotely involves rejection. The basic problem with being an appeaser is that you submerge entirely a whole side of your personality in order "not to rock the boat" by not being hostile, or aggressive, as the occasion demands. This particular type of repressive self is the most socially-accepted type of the three repressive communication styles. As an appeaser, in your repressive self, you are probably well liked by others. Yet, some people may tend to "use" you. Deep down inside of yourself, however, you would like to change and have more self-confidence and drive.

THE AGGRESSOR. In the aggressor state you relate to other people by moving "against" them. When other people, including your parents, tried to control you or mold you to their wishes, instead of giving in, you fought back. Your primary needs are for power and prestige. You want to control others and you want success, These are your main goals in life. Aggressors have a hard time relaxing, and unwinding, They complain about how little time they have for fun and hobbies. They also enjoy games of

competition, as long as they can win, Aggressors want to be right **all** of the time. Warmth and simple affection in their life is stifled.

THE RETREATOR. The retreator has a tendency to withdraw to the place within themselves where they feel safe. It starts by first moving emotionally away from their parents, then their schoolmates and finally from society, in general. Perhaps, they found comfort in TV, movies and books. Why? Because these things could not turn against them or let them down as people tend to do. As a retreator, they love self-sufficiency and privacy, but they carry them to extraordinary lengths. Marriage, or long-term relationships may be tough for them. The thing they feel, or fear, most is the need to become emotionally vulnerable. What they want most out of life is simply to be left alone.

The goals of the appeaser and aggressor are positive. The appeaser wants everybody to like him. The aggressor wants to become successful and powerful!. The goals of the retreator, however, are basically negative. Their goals are *not* to need anyone and *not* to try new things. If you see yourself as one of the three types, remember I am describing only your repressive self, not your *potential* self. By redirecting or **rescripting** the energy and effort you expend on your repressive self into your potential self, you can now develop the other two-thirds of you that has remained idle for so long.

DEFENSE MECHANISMS THAT IMPRISON YOU

The purpose of a defense mechanism is to protect you against feelings *within* yourself.

Defense mechanisms operate on the subconscious level and the individual is completely unaware, consciously, of the emotions within them. There are eleven commonly recognized defense mechanisms that imprison us.

REPRESSION. These are thoughts or feelings pushed deep down into the subconscious mind, so deep that the individual is totally unaware of them. Repression is much different than suppression. When we suppress our thoughts, we are quite "aware" of our feelings, but we do not choose to bring them' out. Repression represents thoughts or feelings in your subconscious mind that are there, but you are totally unaware of their existence in your conscious state of mind.

DENIAL OF REALITY. This defense mechanism hampers us. Reality *is what it is* and doesn't change just because we deny it exists.

NEGATION. Negation is when a person states how he, or she, doesn't think or feel about something, which describes in reality *exactly* how they do think or feel, in their subconscious mind. If this happens to you, it is far better for you to become aware of your true subconscious thoughts and feelings than to fool yourself and be handicapped in dealing with reality.

DISPLACEMENT. This is when feelings actually directed toward one person or situation are displaced or shifted toward another person or situation, sometimes allowing feelings

from an important area of life to be displaced onto trivial things. In other words, we don't look at the *real* problem, we tend to look over there at the *phony* issue.

REACTION FORMATION. This is the formation of a reaction on the conscious level, which is the exact opposite of what is going on at the subconscious level. The time to suspect reaction formation is when you find an individual whose conscious attitudes on a particular subject are extremely strong and rigid. Fanatics of any sort (religious, political or otherwise) are good examples of reaction formation.

PROJECTION. In this defense mechanism a person takes his or her own feelings and projects them outward, onto someone else. I believe if parents were more aware of the widespread use of "projection", they would have a better understanding of the many, puzzling fears of their children. Most fears are caused by something *inside* the child which is later projected *outside* the child, towards something else. For example, frightening films or TV programs, on the outside, don't necessarily cause children to develop fears on the inside. Adults who are angry on the inside and lack self-confidence in themselves will keep their true feelings to themselves by projecting this anger in fantasies or nightmares. People need to be allowed to speak their feelings freely and should be taught to not keep them bottled up inside. Projection is a very widely-used defense mechanism, not only by adults but also by children. Unable to face the existence of certain feelings within ourselves because they conflict with our self image, we project them onto other people or situations.

RATIONALIZATION. Rationalization is the defense mechanism by which you give a "rational" or justifiable explanation for something you have done or something that has happened to you. "I guess I deserved it" is an excellent example of words used by an individual reacting in the *rationalization* state.

FANTASY. In fantasy, the individual who is struggling to succeed and reach certain goals in real life, simply turns to fantasy where they can achieve these goals. All of us as adults have some fantasies when reality is not to our liking. It is only when we use these fantasies as a substitute for the "real thing" that the *fantasy* defense mechanism gets us in trouble.

INTELLECTUALIZATION. In this defense mechanism, "emotional" reactions that would ordinarily accompany painful events are replaced by intellectual and rational explanations in order to avoid painful feelings. In intellectualization, people try to "think" their way through situations which they should "feel" their way through. People who are uncomfortable in the world of feelings use intellectualization as a major defense mechanism.

UNDOING. In this defense mechanism, the individual wipes out some thought, impulse, feeling or action which the "invisible" parents in his head would obviously disapprove.

REGRESSION. In regression, a person goes back to reaction patterns they used when much younger.

All of these eleven different defense mechanisms imprison you. My purpose in outlining them here is to let you know they exist and that we use them **all** from time to time to deal with the feelings inside each of us. The catch is that you cannot constructively deal with them in a positive way because in most **all** cases, you're not consciously aware of *having* these feelings (they operate on the subconscious level). That is why your conscious energy should be focused on your potential self, that which you *can* do something about.

Thus far, you have been exposed to what is causing many of your life's problems, but you don't yet know how to solve them. You have learned that your *repressive* self is the enemy of your *potential* self and that your repressive self is divided into three main types: Appeaser, Aggressor, and Retreator. Within each type you also use a number of defense mechanisms which keep your subconscious mind unaware of your true feelings. Now, let's deal with the practical details so that you can more effectively go about solving your problems. My aim is to teach you two things. First, what *specific tactics* need to be used to break free of your repressive self. Secondly, what *specific methods* you need to use to discover and actualize your potential self.

RESCRIP11NG FOR SUCCESS

For thousands of years, people have been familiar with the negative emotions which make up the repressive self. Those of fear, shyness and inadequacy. "Positive thinking" is a concept that works for only a few strong-willed people. It does not work very well for the great majority. Why? It is not **strong** enough to deal with the powerful, subconscious emotions we developed as children. *Rescripting* works by helping you learn to break the

power the mistake has over you, by consciously "practicing" it out of your life. This works because mistakes we make in life many times come involuntarily and subconsciously to us. We gain control over mistakes by placing them in our *voluntary* and *conscious* control. After you have voluntarily practiced a number of times what you "don't" want to do (the mistake) then you will find that you will have psychologically mastered the negative habit, by practicing it out of your life. Then you can focus on what you do want to do. This rescripting works very well for all sorts of sports activities, too. Don't expect instant miracles, though, when dealing with human feelings. Subconscious emotions are deeply ingrained in all of us. Silent messages sent from our subconscious mind have tremendous power over us. Yet, when you bring these silent messages *voluntarily* into your conscious mind, they lose their power to control us. Many psychologists feel that a conscious fear or mistake actually turns out to be a subconscious wish. Some of us *subconsciously* wish for negative things while consciously fearing them.

A good healer treats the individual rather than the disease. Just as a medical doctor assists nature by helping it to heal your body, this same assistance you can give to yourself, to help develop a healthy mind. In order to do this, you must bring out the negative subconscious messages by making them conscious. In this manner, negative thinking can be cleared away, allowing for the positive growth forces of your positive and potential self to materialize. We are doomed to repeat mistakes **unless** the underlying problems are healed. Sometimes, it's not enough to exaggerate the negative. You also need to go a step further and carry on a "conversation" with your subconscious self. By having a dialogue

with your subconscious, you are answering its unreasonable demands on you, letting it know what is realistically possible. The more vivid the visual screen is for the *creative* right brain and the more intense the conversation with the *thinking* left brain, the better the ability to rescript your life as a whole.

An exercise in helping you to get your right brain in tandem with your left brain (to fully recognize your potential self) is to imagine your repressive self sitting in the chair in front of you. Your job, in this exercise, is to play the "role" of the repressor on a *conscious* level. Since the repressive self (your left brain) says things to you that are mostly subconscious, they influence your thinking in a powerful way, no matter how irrational you believe these thoughts are. Your job is to say out loud what your repressive self is actually thinking. Why? Because when you actually "hear" the words and thoughts at a conscious level, you can more effectively fight their self-defeating message. As you act out, consciously, your repressive self, deliberately *exaggerate* all of the demands it lays on you. Next, play to the role of your *potential* self, telling yourself out loud why you disagree with your repressor. Assert Yourself! Pay particular attention to what your potential self says in relationship to the messages invoked by your repressive self. This method will allow you to more easily deal with the things in your life that generate stress and will give you greater ability to say "no" to those people or situations you don't like or enjoy. You will also see that the world doesn't come crashing down when you dare to say "no" (as you once might have thought). By using the example above, it will be easier, next time, to simply say "I'd rather not". I would also recommend tape recording or video taping your conversations with your repressive self and your potential self to consciously

determine how intense the conversation is and how effective the actual results of the conversation are.

To gain additional confidence and experience in using this method, try finding situations in your past that caused you to act a certain way but, if replayed again, you would act differently. Or think of a time or two when someone imposed their will on you, or took advantage of your good nature. Apply this talking example of your repressive self and potential self in each one of these situations. Gradually, you will discover, through practice, the ability to "really" stand up for yourself, and the exhilarating feeling that goes with it. If you are an aggressor-type individual, always "needing" to win at everything, then you can use this same type of example to help you when you are *not* winning, but in fact slipping badly the other way.

At first, rescripting through the use of negative thoughts may be difficult for you since you are fighting against deeply entrenched mechanisms in the left brain which, over time, have "warped" your personality and the creativity normally associated with your right brain. Keep at it, however, and you will begin to see remarkable changes in yourself. Also be aware of subconscious mannerisms that irritate us in other people because they usually reflect parts of our own personality that may be troubling us, too.

TAKING CARE OF OUR EMOTIONS

When you were about a year old, you were unafraid to try new things and to express your feelings. The world for you at that time was a fascinating place. However, due to no fault

of your own, your parents and friends influenced and changed you from an outgoing, zestful little toddler into a constrained adult. Much of your zest, self-confidence and creativity in exploring the world was stifled by parents, schools and other repressive agents of society which influences your left brain thinking. That uninhibited toddler, however, still lives within you in your creative right brain. One of the best ways to accomplish the development of your right brain and potential self is to use "non-verbal" activities like music, art and dance, since these activities bypass your defense mechanisms, normally associated with left brain thinking. When you venture into these non-verbal areas, you are bound to make contact, at the subconscious level and find the creative child within you. This will ultimately allow you to become a freer, balanced and more feeling individual, as you experiment with parts of yourself which you have neglected for years. A major obstacle to overcome in taking care of our emotions is dealing with stress. Meditation is an excellent way of controlling our mental and physical balance. Exercise is important because it has a positive effect both on the body and the mind. You can also develop more fully your potential self through writing. Writing allows you to express yourself by **listening** to the little voice inside you in a more positive way. Most of us spend the majority of our lives listening to the voices of others. Spending just 30 minutes a day writing down **all** of your thoughts helps you develop your left brain, potential self into a greater being, than any other single exercise imaginable. Why? Because it helps you use and develop both sides of your brain. The left side governs the conscious mind and is orderly, logical and rational. The right side is the intuitive side, governed by the subconscious mind, and is responsible for new discoveries

in science and breakthroughs in business. This can happen through the use of creative *child exercises*.

CARE OF OUR INTELLECT

In the same manner that we feed our body, we must feed our intellect. The feeding technique is threefold: Reading, thinking and memory exercises. Reading is the most important tool for developing our intellectual capacities. Reading stimulates abstract and concrete thinking. When we are thinking, we are taking care of our brain by maintaining a balanced, body-mind interplay. One of our goals in life ought to be a reasonable amount of personal and private "thinking" time. Though our bodies may sometimes be physically jailed, our thoughts will always remain at liberty. This is how so many POW's survived the terrible atrocities imposed on them. Though others tried, repeatedly, to break them physically, very few were successful in also incarcerating their minds.

THE YOU OF TOMORROW, TODAY

Many people want to get as quickly as possible from the "you" of today to your potential self, the "you" of tomorrow. Most of us do that by trying to hide our real feelings from others. When you have the courage to present the "you" that you really are in your present moment, several important things occur. First, by telling others of our fears and feelings we are developing courage. Second, when we confront our feelings, they begin to lose their hold on us. Third, when we expose our true present feelings, people actually like us better. Why? Because we appear to be more "human" when we admit our imperfections, helping others to cope with their own insecure feelings. Finally, we are

giving the other person a good feeling about our honesty and openness. There are, however, some dangers you must be warned about in connection with sharing this "weak" side of your personality.

First, never point out your weakness to anyone who is in a position of power over you. Sometimes when you reveal your feelings of weakness to an *uptight* person in a position of power over you, you arouse in them an awareness of the things *they* feel insecure about and you scare them. Secondly, do not reveal your true feelings or weakness simply as a method to gain sympathy. It will have the opposite effect. Third, don't expect an equal amount of openness from other people. Many people are very closed-minded with respect to their ability to share their feelings.

As long as your weakness and fears are buried in you they cannot be accepted by you or by any other human being. But after you talk them out, your weakness and fears are accepted by most everyone and they lose their psychological hold over you.

BRING OUT THE BEST OF YOUR POTENTIAL SELF

Your potential self thrives on well-made goals that reflect what is important to you. Both your goals and the plan to reach your goals are nothing more than "ideas in your mind". Goals are a revolutionary concept for growth, because they bring home, and help us to understand, the importance of the "world of thought".

How many teachers can you think of that told you if you wrote down your goals, if you could visually see them and believe them, they would become reality? I bet the answer is zero. Yet, that is the total essence of achievement. Unfortunately, we are not taught in school *how* to achieve, The thought of setting goals and making plans just "escapes" the minds of many people. Looking at things in this incomplete manner prevents us from seeing clearly that the world is changed by the goals and the plans conceived in the minds of others. Goals help you to achieve your potential self by helping you to re-discover your dreams, The visual goal helps with the potential self found in the right side of the brain, The written goal appeals to the logically-oriented thinking, potential self of the left brain. Goals, however, are not etched in stone. They should not run your life, *you* must run your goals, Goals should not add pressure and burdens to your life, they should add focus, They should also be flexible enough to be shifted as life changes. Start with ridiculously "easy" plans and goals, at first, and above all, remain flexible. The simple, repeated application of the concepts discussed herein will help you to rescript your life in ways you have never thought imaginable. They are powerful tools in rescripting yourself for success.

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