

Self empowerment tips... **EAT...eat...EAT!!**

Whenever you are in a difficult situation or confronted by "difficult" people the solution is to **EAT**

Whenever you feel hassled, misunderstood, uncomfortable, enraged, aware of intense negative reactions toward someone or some situation: something that will help is to **EAT** and you will feel empowered...

E for **EXPECTATIONS**

Expectations involve "beliefs" and value judgements, such as good and bad; right and wrong. What are your expectations? Ask yourself questions about your reactions to the "other". What are your beliefs about difference? Do you need everyone to like you, or perceive you the way you want or believe is true of you? Are all your encounters with this person designed to win them over...not everyone is going to love and adore you, or even respect you, just because you expect them to. If you are really attached to them wanting you and they don't, then you are really going to be mad, and you may spend hours and hours worrying, planning, talking to advisors and friends trying to get what you want from the other...not a great scenario, and a real waste of time. **Let go**, there are other people in the world, you are ok as you are, they are ok as they are, though different to you...spend some time with friends and let them know how you appreciate them being in your life.

A for **ATTACHMENT TO OUTCOMES**

How **MUCH** do you want the outcome? If you answer "more than life!" then you could be setting yourself up for trouble, either anger or disappointment. Accept that each individual has their own path and pace and level of development. Over a period of a whole life individual events can be either good luck or bad luck. Learn to "**let go**", don't hold on to what you think is **RIGHT** for another person, or situation. There are many personal truths, and beliefs, yours is not necessarily for any one else. Hold on lightly to an outcome, don't sweat the small stuff - do your best, and remember life is about "how" you do the journey, rather than "what" you end up with. You can't "control" every little detail, life is full of the unexpected.

T for **TIME**

How much time are you spending on this case? How much mental space are you giving to this person? Are you waking up in the middle of the night and thinking only of this "negative person/situation"? Where you focus your attention is where you are giving energy. Start to focus on other aspects of your life, family & friends, your leisure activities, include positive and life affirming thoughts. You can direct the content and quality of your consciousness.

EAT