

Know Where You're Going
By Amy G. Martin, APRN, RhD

As I moved through a busy airport this week, shoulder to shoulder with a mass of humanity, it seemed a perfect study of life. Everyone was either rushing toward something or waiting for something. Some were interacting, (personally or electronically), and others were deep in their own thoughts, just waiting. Most people in an airport know where they're going, and it would be odd to wander without an itinerary. But how often do we find ourselves going in neutral through our life, and end up someplace far from our original destination? How often do we find ourselves waiting for something to happen so we could get on with our lives?

The people who seek counseling are those suffering in their present circumstances. For some reason they find themselves blocked, unable to get where they want to go, or are waiting for something outside themselves to change so they could move forward.

Grand dreams, hopes and goals seem synonymous with youth. As we get older and experience disappointments and "reality," we tend to drop those visions for ourselves and simply "settle for the hand we've been dealt." And there is nothing wrong with being peaceful with your life, even if it is different than you had hoped. But if you are unhappy with where you are in life, and wish things were different, then it's time to take action. The first question becomes, "Where are you going?" and the next is, "What are you waiting for?"

So many people don't realize that every day they are making decisions regarding their future and direction, consciously or unconsciously. Are you on the right course? There is a familiar quote, "How you spend your days, is how you spend your life." Are you where you want to be? If not, then decide where you want to be. Rather than focusing on the obstacles that might get in the way, begin to imagine what life would be like if you arrived there. Consider what it would be like to be happy and satisfied. Are you willing to give up one limiting thought or belief to get there? For many, it is self doubt, fear, anger or helplessness that keeps them stuck in their ruts. Others believe the fault lies with someone else or a situation outside of themselves.

It is possible to begin to clear an obstacle by asking yourself two questions.

1. What does this situation make you feel, or what emotion does it bring up?
2. When you feel this emotion, what do you believe about yourself?

For instance, if a person feels stuck in an unhealthy relationship, it might trigger many distressing emotions, such as anger, frustration, self doubt or powerlessness. The belief could be something like, "I could never survive on my own." This belief, this negative thought, is the thing that needs to be addressed. Another example is someone who experiences severe anxiety and even panic. The feeling may be of being out of control, and the belief might be, "I can't handle this."

Correcting faulty thinking is the primary way for a person to change. A lifetime of experience may have taught a person that survival on their own was difficult, or they may have had trouble handling things at times, but if they are willing to shift their focus, even slightly, tremendous changes can happen.

I have witnessed transformation in people willing to question their beliefs and open their minds to the possibility that their limitations have been self imposed. I have seen amazing changes and great improvements in both depression and anxiety in people willing to do some fearless self inspection, The proposition of looking at oneself in the full light of day may seem scary, but isn't it more frightening to look away, and continue to suffer?

It doesn't matter your age or your history, change is possible. All you need to know is where you're going and what you're waiting for. So take out your pen and paper and get started.

For more information on personal transformation, go to www.Time4Healing.com. Amy Martin is a Doctor of RoHun Transpersonal Psychotherapy and a Board Certified Nurse Practitioner. RoHun Therapy is alternative to traditional psychotherapy. Her private practice, "Healing Therapies", is located at 8 West Main St, Suite 1-3 Niantic, Ct. Call for a consultation or for more information. (860)691-0743