

# CAUSE AND EFFECT

Are you in the 'cause' or 'effect' side of life?

## Cause

If you are sitting here you are generally in charge of creating what you want in life and you take responsibility.

- Despite the situation, I am responsible for creating my own reality in life
- It's up to me to find out how to do it
- Some people have said I am worthless, I know I'm not, I have self-worth
- This is my life, I take control and responsibility for me

## Effect

If you are sitting here you blame others or circumstances for bad moods or for what you have not achieved in your life... referred to as a victim.

- There is no alternative, the situation is hopeless
- I am worthless, I deserve to suffer
- It's their fault
- Even if there is hope, there is nothing I can do about it because I don't know what to do

Most of us would like to think we are the drivers of our own change in life. Sometimes though we might find ourselves stuck, exhausted by the cycle of negativity, that pattern of self sabotage.

When you realise you are in the 'effect' side of life you can then start to make change with help and practice.

Contact me if you would like to know more or would like help moving into the 'cause' side of life.