

# **What's Holding You Back?**

## **Lesson 1: Fact/Meaning**

**Monday, August 1, 2005**

Chicago Event Mannaquest: Make plans to attend if you are done the business...and get some new associates to go with you!

Klemmer Personal Mastery: Coming the same weekend to Dallas...be there to help you get out of your own way! Move yourself forward in a significant way...the best investment you will ever make is in yourself. check

[www.klemmer.com](http://www.klemmer.com) for one in your local area.

US Patent Notice of Issuance: This is truly a significant historical event!

Next few weeks: "When Good Intentions Run Smack into Reality" by Brian Klemmer

1. Our normal behavior: to give meaning to a fact/event in our life
  - a. Two different domains we work in:  
Facts: the experiences we have  
Meaning: the interpretations we give them
  - b. This is human nature...somehow satisfies our need to give meaning to everything.  
Scriptural: "My ways are not your ways." Clearly tells us that we are not to understand the things of this world since the reasons for them are many times beyond our ability to understand. This gives us the freedom of not understanding the why.
  - c. Beware: are you sure what meaning you are giving to an experience really means what you say it does?
  
2. Examples of classic Facts in our lives and Meanings we might apply  
Note that the meanings we give may be totally different for any one of us because they are based on a lot of factors: our past, our programs running our lives (belief systems we have developed), etc.
  - a. Fact: You were the last to be born in your family.  
Meaning: You had to compete for the love and attention of your parents.
  - b. Fact: You weight 354 pounds.  
Meaning: People do not respect me.
  - c. Fact: My parents divorced at an early age.  
Meaning: Marriage does not work.
  - d. Fact: Someone stole my purse and credit cards.

Meaning: People can not be trusted.

e. Fact: My family was killed in an auto accident.

Meaning: There is no God.

f. Fact: I was abused as a child.

Meaning: I am not worthy.

g. Fact: My dad would not buy me a \$10 doll I wanted.

Meaning: I am not worth it.

Note: You can play this Sherlock Holmes game on yourself easily. Just look at events/facts in your own life. List them in a box called "Facts". Then make a corresponding box and call it "Meanings", and list the meaning you gave to each of the facts listed in the first box.

3. What happens when you assign "Meaning"?
  - a. What you are trying to do is rationalize, or logically understand an event so that it is explainable. As a society we feel very uncomfortable to leave a void or empty space in our life when we do not give a meaning to a fact.
  - b. The problem: Once you give a meaning to a fact or an event, whether positive or negative, you must recreate more events in your life to support the meaning. Your need to be right kicks in, your need to organize the universe.
  - c. So lets go back to those examples in 2 above and see what this looks like...what are we recreating to support the meanings. (take notes on the first page)
  - d. Now do it to your own list and see how your Fact/Meanings have played out in your life and continue to control your life.

4. Now let's take a look at alternative meanings (or no meanings at all).

Steps to take to "reprogram" yourself:

Step 1: Admit you made up the meaning.

Need to acknowledge this before you go forward. Who else made it up but you? Was there any truth to it or was it just your truth?

Step 2: Make it mean something else.

If you can choose to give it a meaning, then get rid of the self-sabotage and give it a positive meaning that will serve you. In other words, if you are going to create your reality, why not create an incredible reality for yourself instead of one that is

self-deprecating?

Let's relook at the facts listed in 2 above.

Step 3: Give the new meaning emotional value and repeat the new meaning until you believe it.

The two ways to change behavior is by repetitive action or high emotional involvement. The greater the emotional involvement, the less repetitive behavior needed.

This is why to effect significant change in your life in a short period of time takes experiential training...where personal experiences involving emotional experiences can lead to more immediate change.