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INSTRUCTIONS FOR HAPPINESS - PART 4

BY SUSIE PEARL

'I am not my history'

How often do we tell the story of our past and keep coming back to it as a way of validating where we are now. One of the tricks to feeling better and changing our negative patterns in life is to stop telling the old stories of what bad things happened and tell new improved story lines instead.

Notice how often you think or refer back to past events that have hurt you. Notice if you are someone who lives in the past too much. We are not our history and if we keep running the old pain-filled stories, then it's likely we will repeat the same problems. It's hard to move on and make positive changes if we live too much in the past.

Technique: When you notice you are running a 'bad news' story or blaming a past event for your current predicament, get yourself to stop at once. Make a new statement about where you are now in the present and where you would like to be in the near future. Change from a focus on past negative situations and move towards what you would like to happen. In other words, switch your focus from negative past to positive present.

Affirmation: I am not my history. Everything that has happened to me has brought me perfectly to this present moment with learning and teachings. I have a clear road ahead to create whatever I choose from here. I choose positive ideas and positive situations to go forwards. Enjoy each day.

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for happiness' is published by Quadrille. Visit: susiepearl.co.uk