



## Are you at cause or at effect?

When you are at cause, you are totally responsible for your achievements, your lack of achievements and anything in the middle.

When you are at effect, it's someone else's fault that you are not having what you want, doing what you want to do or being who you want to be. And you have lots of reasons and excuses to justify this to yourself and others.

**Here are some common reasons that people give me for not getting what they want or doing what they really want to do:**

- I don't have the time
- I don't have any support
- Life's just too busy
- I don't want to be seen to be really successful – that's arrogance
- I've got to do x, y and z before I can do what I really want to do
- People like me never become successful
- I've got to wait in for the parcel delivery
- I'm not good enough to succeed.
- I haven't got the money
- Other things get in the way
- It's too hard
- I might upset people
- And many others, too numerous to mention

## SO

I'd like you to stop for a second, sit down somewhere and ask yourself where you are on the cause-effect scale. Are you taking total responsibility for where you are in your life now or are you blaming other people or coming up with reasons or excuses?

Just put a mark on the line below

Effect -----Cause



Now ask yourself how the position of that mark feels to you?



Are you happy with where it is or not? Write that down below

Be kind to yourself – change is possible and this is the starting point

### Reflections

I'm guessing that some people will be at cause for the majority of the time.

The vast majority of people however, will be somewhat dissatisfied with their "lot" and won't think they have a choice to change anything, but let me ask you to do one thing for me that will help:-

**Look through the list of possible actions below and just pick one thing that will move you towards being at cause- that will move you from say a 2 to a 3, or a 6 to a 7.**

- **Find someone to talk to who is a supporter of you getting where you want to in life and tell them what or who you are blaming. Choose carefully! Ask for feedback and think about that feedback**
- **Keep a journal so that you see patterns of thoughts and behaviours occurring and just make a small change in your thinking or behaviour and journal about the results**
- **Think about things that have happened in the past that might be holding you back and realise that these things are just perceptions and that you can let go of them easily if you want to**
- **Set some really inspiring goals that you might not know how to get but that will motivate you every day**
- **Pick up the phone and have a chat with me about what is happening and what your score is, especially if you feel really stuck and need help. 01656 347027 or 07973 635102**

**Please leave some comments for me on the blog – they will be really helpful for other people and also please share the blog and this document in case someone else can make a huge change in their control over their life!**

**Dr Bridget**