

Reason or Excuse: Product of your Environment

-Difference between: reasons tend to explain, while excuses tend to justify a fault.

What about your life is a “product of your environment?” Better yet, what seems normal to you, but wouldn’t be normal to other people? What felt normal to you before, but since then you’ve realized it’s not?

Do any of these “my normal” factors have anything to do with why you’re here, or why you engaged in the lifestyle you did?

At what age do you believe changing who you are became an option in your life? When did you feel like you could fully leave your life behind and do something completely different? Have you ever felt you could?

-We as humans have a tendency to get stuck in negative patterns because it’s “all we know.” At some point, we realize we can change, but we chose to remain where we are...why?

Is it easier to live in the comfortable negative than to make effort to live in the uncomfortable positive?

-Remember, once we admit something in our life is a problem, we are in turn admitting we need to find a solution to that problem. Excuses can be used to disrupt this process of change, allowing us to remain in our comfortable, negative, and unchanged state. Basically, if we pretend it’s not a problem, we don’t have to do anything about it. But, as we all know, ignoring a problem only makes it worse. If you hurt your leg and don’t fix it, you’ll eventually start walking with a limp, which could cause other problems through your body. If you fix the initial issue, secondary issues won’t come up.

When we cease to challenge ourselves, we stop growing. What is something you think you need to challenge about yourself and truly start making strides in changing?

What kind of actions or activities did you start involving yourself in because others around you were? Were there more positive or negative of these actions?

-Try to remember...

Regardless of why you are who you are, how you got to this point, who’s genetics effected what parts of you, where you came from, what truly determined your fate, or how your current situation came to be, **IT MAY NOT BE YOUR FAULT, BUT IT IS YOUR RESPONSIBILITY!** No one can change you or change for you.

-Keys to moving on...

Try to figure out what is truly holding you back, most likely a deeply engrained fear from before the initial problems started. This may have started out as a reason, but eventually became an excuse. Next, try to figure out what is to be gained by changing your lifestyle. Weather its stability, love, or freedom; always make sure the juice is worth the squeeze. Keeping yourself accountable is a great way to stay motivated, especially by telling someone close to you about your plans to change. That way, desire has gone from an idea to a reality. Lastly, understand you will fail from time to time, not every door will be open to you right away, but know you will grow and learn from the experience of failing, ultimately leading to success. Remember, life is a journey not a destination, and recovery is about progress not perfection!