



Align Your Levels of Mind, Become Whole

ReProgram Your Outdated and Limiting Beliefs System

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Workshop 4

MINDSET

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ReProgram Your Outdated and Limiting Beliefs System

Most of the time we are not aware of what is driving our feelings, behavior, and approach to our partner and our life. We find ourselves in the midst of something that doesn't work for us. We find that things don't seem to go the way we desire. We experience constant disappointment, breakdowns, and issues.

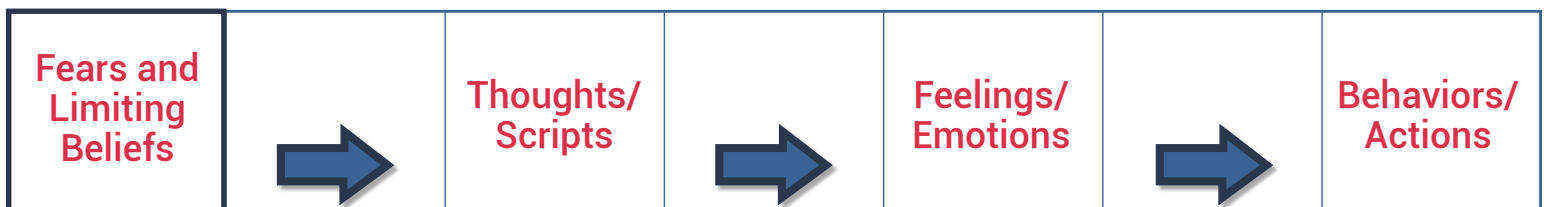
What we fail to realize is that we (co)create our reality. That what we think we create, manifest, invite... What we focus on persists...

As we have a tendency to focus on the negatives as a society, on lack, and what is wrong, guess what? That's what we get...

It's unfortunate that we are not taught better or have better role models. We come to our relationship with conscious expectations and notions when it comes to power, control, ownership, boundaries, partnership, privacy, individuality, togetherness, independence and dependence (as opposed to interdependence creating codependence!), etc. that are most likely reactive and crooked.

But the kicker is what we are not even aware of. We come with limiting beliefs around self-image, deserving, value, worth, money, earning, potential, love, sex, intimacy, etc. We are riddled with poor, undermining, and sabotaging subconscious programming.

And, all this is on top of the unconscious mechanisms at play. How we organized our personality, what defenses we use to deal with life and relationships, and how our brain and biology operate to give us our daily experiences.



Unconscious &
Subconscious

Conscious

Not for nothing life and relationships can be a struggle!

Upgrade Your Mindset!

The task at hand here is to upgrade our mindset, and fast! The longer we postpone doing this investment the longer we suffer, in all areas of our life, unnecessarily.

Minding Your Conscious Mind:

Here is where we monitor our Self Talk noticing how we beat on ourselves and our loved ones, and STOPPING THAT! We make our thinking reality based removing the negative observer's filter as much as possible... We clean our yucky and noisy thinking taking control of our mind... If our Mind runs rampant with nonsense, this impacts how we feel, what we do and what we create...

It is imperative that we frame everything as a lesson, an opportunity, a reason, etc. There is a Gift even in the worst of scenarios... Our Relationship is a Gift that most fail to appreciate and recognize... Our relationship is the fertile ground for growth and healing to take place. Our relationship, our partner makes us better, whole, healed, bigger – two sets of wings have a wider span... The relationship is made up of two creating an amazing ONE. There is Synergy within our partnership. Most fail to tap into this... Our partner is our Partner...

Together we can create an amazing Life, enact our Purpose by implementing our Mission... When we have each other's back and tap into our Synergy, we are Unstoppable!

When we subscribe to this context and framework, life become easy! We move from being ego-led (fear-based) to heart-led (love-based) in our relationship for what's there to fear if we got each other and are present focused...?

The trick is to hold on to this perspective even during the most challenging of times...

Minding Your Subconscious Mind:

Here is where we become aware of what drives our conscious thinking, all the noise and drama we create... Luckily we can unearth the subconscious drivers... We can explore our limiting beliefs and programming. We can identify messages received that have poorly formed our worldview and expectations.

And even more luckily, we can challenge, reprogram, clean and banish anything we don't like, agree with and determine that it's actually not true...

We are awesome human beings. We are brilliant, magnificent Souls, Spirits, inhabiting our human temples. We are amazing, powerful, worthy, valuable, important, deserving, courageous, extraordinary, with Gifts to bear to our world and human experience...

The sooner we align with this, the sooner everything makes sense and easy it becomes...

Minding Your Unconscious Mind:

These are the unconscious mechanisms we can't get our hands on, but can work on indirectly.

The interactions with our caregivers growing up affected how our brain developed and organized itself creating our personality, ability to manage ourselves, and the lens we use to experience, interpret and interact with the world.

The traumatic experience of receiving less than perfect parenting was hurtful, wounding, and was registered in our brain and body making us hypervigilant to potential additional harm. We use defense mechanisms to manage this that instead of serving us create repeating hurtful and dissatisfying patterns in our life.

Our job is to understand the patterns, how we cocreate them and changing them.

Usually in therapy we focus on the Conscious Mind. We target reactive thinking, feeling and behavior. We also address unconscious mechanisms by addressing pattern drivers and working on getting needs met. We have a strong focus on changing the relationship dynamics, and structure. Because this keeps us busy, sometimes we don't get to the subconscious for a while, if at all, as clients are satisfied with the changes made and move on, or like maintaining the status quo.

And, there is so much more to integrate into our repertoire for Self Development and Relationship Enrichment. To create a sustainable awesome relationship and live an amazing life we have to have a more comprehensive approach and uplevel our game. This program is designed to do that and support a Successful Couple Lifestyle™.



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