

2 - Choices

Choices are that which you decided and acted upon THEN and that influence NOW as behaviors, habits and thinking

Let's think of Choices as representations of decisions made in the past that were made either:

- Consciously

or

- Unconsciously

Conscious Choices in memories are felt as *responsiveness* and are experienced as:

- We respond
- We are active in creation through intending
- We are aware a choice needs to be made
- We choose what's best for us based on the best options available to us
- We have options

Unconscious Choices in memories are felt as *reactivity* and are experienced as:

- We are unaware a choice was made
- We are helpless
- We have no choice in the matter
- We react - there is no thinking before an action
- We are passive in creation
- What happens is unintentional

The purpose of bringing awareness to "choice" (or the lack of it), is to reconsolidate memories by redefining what we made those choices mean. It is possible to return to a time we felt we were helpless *in memory* and...

- Reframe the idea
- Recreate or differ from what was chosen then
- Choose to "delete" any negative influence that distracts you from the opportunity to empower yourself with better, more informed choices
- Select your focus to feel better, happier, wealthier
- Create a new map for response
- Shift from "needing" whoever, whatever, whenever *then* to fulfilling your Core Human Needs for healthy new coping skills *now*.
- Choose feelings and ideas that empower the version of yourself that needed it most