



ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER
OCTOBER 2009



AUTHORS' NOTE

As discussed in last month's newsletter the basis of all our fears boils down to one thing: a threat to our security. However, there are some fears widespread enough that they are worth talking about. These include things like fear of abandonment and fear of failure. Although most of the time it is not identified as a fear, the concern of not being good enough is an almost universally held fear and the subject of this month's newsletter.

Until next month.....Lin

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NEW BOOK RELEASE !!!!!

Healer of Angels

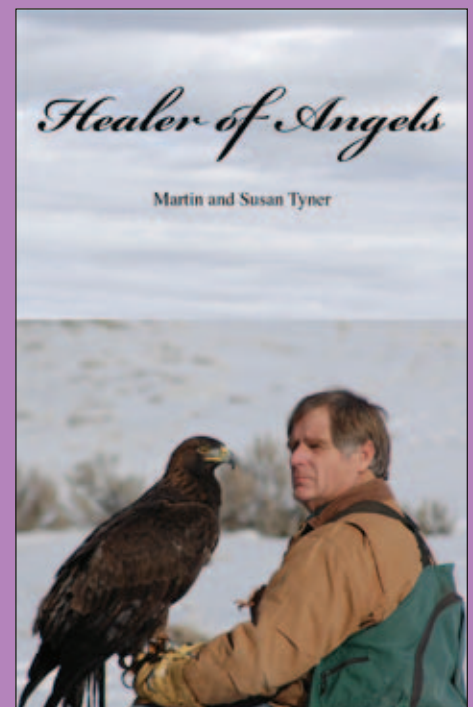
by Martin and Susan Tyner

Healer of Angels is a heartwarming collection of true stories of a young boy overcoming life's challenges and disabilities with the guidance of wise grandparents and other mentors. This process leads to a life dedicated to the rescue, healing and release of the wild creatures of the desert southwest. Some of the stories are humorous and some bittersweet, but each will inspire, teaching a lesson as it touches the readers' heart.

Join Mr. Tyner as he reflects back on his life: from a young boy terrified of birds to becoming the first man in North America licensed to train a wild golden eagle in the ancient art of falconry; from a shy dyslectic teenager, to the founder and CEO of the Southwest Wildlife Foundation.

Martin Tyner is one of America's foremost wildlife rehabilitators, a master falconer, eagle falconer, and wildlife and environmental educator. He travels throughout the west providing wildlife programs accompanied by his devoted companion, Scout, a wild golden eagle.

To order or donate to the Southwest Wildlife Foundation, please go to www.onechoicecanchangealife.com.





This is another article in a series that will explore different types of fear, their formation, their effect in our lives, and how to diminish or eliminate their presence.

Not Good Enough

As most psychologists, counselors and coaches know, it is hard to find someone that does not hold a concern of not being good enough in some area of their lives. It can start with something as simple as a comment made when we are young like, “Why do you tie your shoelace like that?” or “Why do you laugh like that?” Said with an emphasis on the word ‘that’ with a wrinkled nose and creased brow, and it can sound like a negative judgement -- one that leads to questioning yourself or your ability to tie your shoe or laugh appropriately. Add a few more questions or comments about how you perform these or other acts, and a belief that you are not capable of doing simple tasks is easily formed. If you are fortunate the belief will only pertain to certain, specific acts. However, if you feel judged as being incapable or inadequate in many areas, then the belief that you are not good enough can be more widespread in your life. This belief can lead to a lifelong pattern of self-conscious behavior.

Obviously personality plays a large role in how much effect comments and opinions people have about us will affect us. In the previous example about tying your shoelace, optimistic, self-assured personalities could see the question as welcome and helpful whereas pessimistic, insecure types might find the question to be a criticism -- as if being chastised for not tying the shoelace the proper way. Even someone who falls somewhere in between optimistic and pessimistic could interpret the comment as a criticism.

A comment made by someone we learn from or respect, like a parent or teacher, carries a lot of weight, especially when we are young. When our teachers are distracted, busy, worried, or upset -- even when their state of mind has nothing to do with us -- the way or manner in which they say something to us often determines how we receive their comments. Something may be said with too much emphasis because their mind is preoccupied, resulting in misinterpretation by the receiver. For example, if a parent has a bad day at work and comes home exhausted, the sharpness in their voice is not intentionally directed at their children, but their kids may not understand that their parents’ grumpiness is not because of something they did. The exhausted parent isn’t aware of how they are coming across, so even a positive comment can still be heard in a negative way.

The number of opportunities for us to experience a situation where we feel inadequate is endless. When the experience happens early in life, it can set up a pattern that can last for years or possibly all of our life. You may remember the 4 steps to changing belief (Commit, Recognize, Challenge, Change) from my book, *The Impact of Belief: Learning to Take Control of Your Life*. Becoming aware of our reactions helps us to change them. When we find we are thinking negative or harsh thoughts about ourselves, it is time to stop and review why we are reacting in such a way. Recognizing the negativity is an important step. Challenging the belief that drives our actions and reactions and working to change that belief helps us to eliminate the belief that we are not good enough.

STEPS TO CHANGE A BELIEF

- COMMIT
- RECOGNIZE
- CHALLENGE
- CHANGE



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Book Signing with Author James A. Martin

Did you miss author James A. Martin's book signing? Then please join us on October 17, 2009, in Sierra Vista, Arizona, at B. Dalton's book store in the mall. James will be signing his first book in the *Guns for Hire* series (*Guns for Hire*, *Red Zone Run: Mosul*) and *Code-Name: White Buffalo*. The signing will be from 11 am to 3 pm. See you there!



*Author James A. Martin's book signing at Hastings in
Sierra Vista*

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