



Rethinking and Revising Your Life Script®

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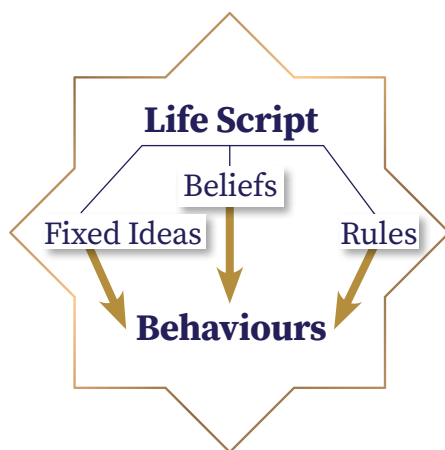
What is a Life Script and how is it formed?

Our **Life Script** consists of **fixed ideas, beliefs and rules** which were mostly shaped and adopted in childhood and early life. These ideas, beliefs and rules developed as a result of what people said to us, what we said to ourselves in our minds after each experience – whether positive or negative; they developed as a way of us coping the best way we could with situations that were threatening, fearful, confusing, or hurtful; as well, they developed out of our positive experiences of encouragement, happiness, enjoyment, and meaning. They were our means of surviving a hostile, or potentially hostile world, and achieving the best possible experience for ourselves.

Other influences that shaped and formed our life script (with its ideas, beliefs and rules), were profound events and experiences – the negative or positive defining moments of our lives. Most of us have been powerfully influenced by particular people we remember fondly, whether a mentor, a parent, a friend, or a colleague. Unfortunately, most of us also probably remember someone who was overbearing, controlling, a bully, or a person that hurt us deeply, betrayed our trust or perhaps let us down in some way.

There may also be critical choices and decisions we have made in the past, which, for better or for worse, have tended to leave us with some fixed beliefs about ourselves, or have suggested certain characteristics of personality that we assume are permanent about ourselves.

Our life script is a compilation of all these things (beliefs, rules, fixed ideas, set patterns of response and attitudes) intended to afford us protection, predictability, and manageability of our everyday experience – including emotions, in a way that is most positive or least negative for our life.



What effect does our Life Script have?

Our life script (which developed out of both negative and positive events, experiences, interpretations, decisions, and self-labelling), influences our choices, decisions, experiences and behaviours, often without us even being aware of it. It dictates many of our life-style choices, who we choose as friends, which situations we find stimulating and those we find threatening, our likes and dislikes, our likely choice of partners, and our choice of role and occupation.

Our life script influences many of our behaviours – behaviours that determine the quality of our lives, our health, our relationships, our successes and failures, and our future. Our life script is closely associated with our self-image – how we see ourselves, what we believe about ourselves, what we believe ourselves to be capable of and able to accomplish in life.

Sadly, in some cases people from our past may in a sense rule us from the past, and continue to wrongly influence our behaviours, responses, and attitudes in a range of ways, because of how our experience of their behaviour was written into our life script; a script we have continued to follow.

Our Life Script tends to be largely out of our awareness and is supported by a set of *algorithms* (fixed rules and patterns of automatic response) wired into our neural brain circuitry.

Because our life script tends to be largely out of our awareness and more or less fixed (until we realise the need to review it and revise it), it may be significantly limiting for us, and may be harmful to our progress and to our ability to maintain important relationships with others.

Our life script is closely associated with our self-image – how we see ourselves, what we believe about ourselves

It may have had relevance in our childhood or adolescence, or earlier in our adult lives, but may not be so relevant or useful to our present adult lives and relationships.

If we venture to behave in a way that is inconsistent with our life script, we automatically experience some measure of dissonance or anxiety, which promptly ‘encourages’ us to return to what we know, and how we usually function and behave. The problem is, this leaves us little room to grow and develop and can have us experiencing, behaving and responding in ways that are not any longer helpful to us.

Getting out of the habit of being ourselves

If we don’t bring our life script into our awareness and review and revise it, we can simply go through life continually recycling ourselves and patterns of response, behaviour, and attitudes, consistent with it.

If we are to grow and flourish and move forward as human individuals, and succeed in our relationships, there will likely be ways in which ***we need to get out of the habit of being ourselves!***

Our task then, is to review and challenge unhelpful aspects of our life script, (refreshing and editing it), in order to permit new behavioural options and new experiences to become established. By choosing alternative behaviours and responses, and by practising them with much repetition, we can establish new algorithms, and a revised and helpful life script.



We shouldn't be surprised when we experience dissonance or anxiety in doing this, but in time, the old patterns and rules fade as our brain rewires itself to adapt to accommodate our new emerging self, our changing behaviours, thinking, focus, attitudes, and experience.

All behaviours have a goal

Most behaviours we adopt and use, are unknowingly intended to help us get some important personal need met. Most behaviours have identifiable goals – they aim to achieve something for us. Generally, the goal of both positive and negative behaviours is to meet legitimate needs. The problem is, we don't always have the best or most appropriate behaviours at our disposal, and so we are forced to improvise.

For example, in a conflict we may tend to become more ardent or dogmatic in order to try and bring the conflict to an end. Or, instead, we may be avoidant, and 'run' away from rather than seek to resolve conflict.

The goal of most behaviours is legitimate, the problem is often with the kind of behaviour we have chosen to use. Being stubborn and rigid tends to fuel and worsen conflict, whereas negotiating calmly will likely resolve the conflict and save needless additional emotional discomfort. But of course, not everyone currently has this behavioural 'tool' in their personal 'toolbox,' so they improvise with another available behaviour that may do more harm than good.

By seeking awareness of the goals behind our behaviours, and of course by reviewing and adapting our life script, we can change ourselves, improve our relationships, and start to become the masters of our own destiny.



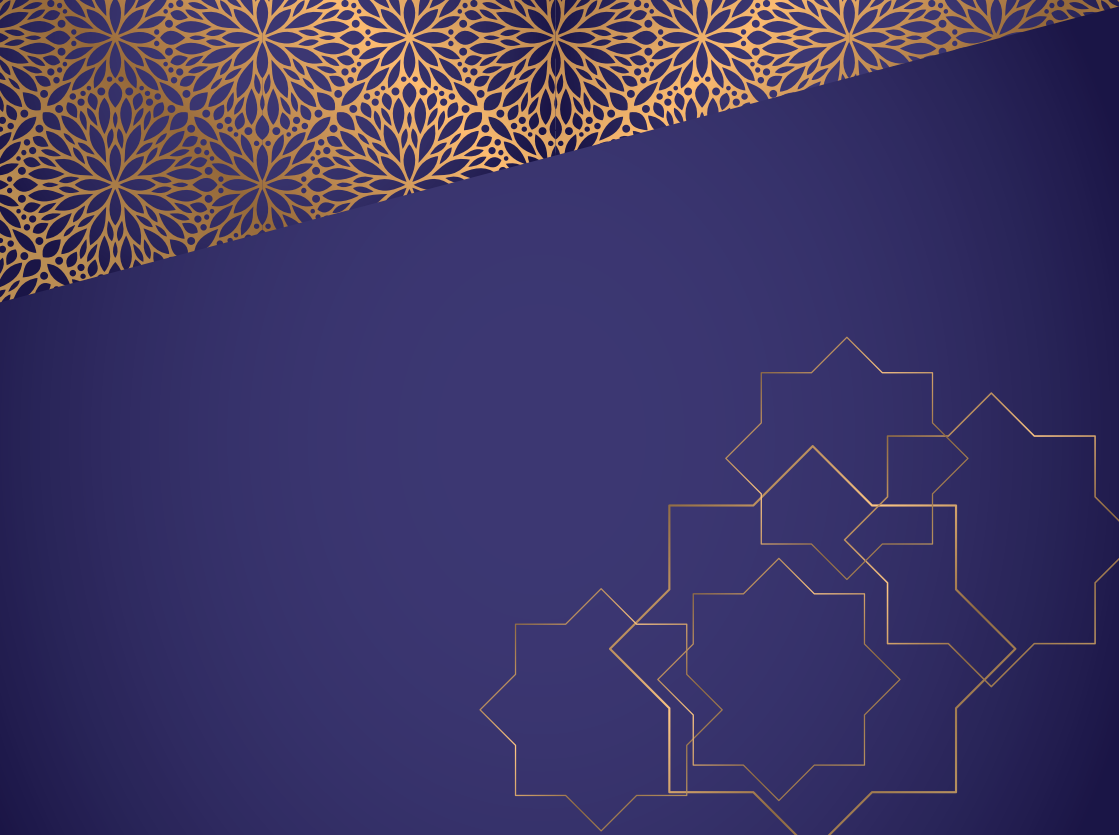
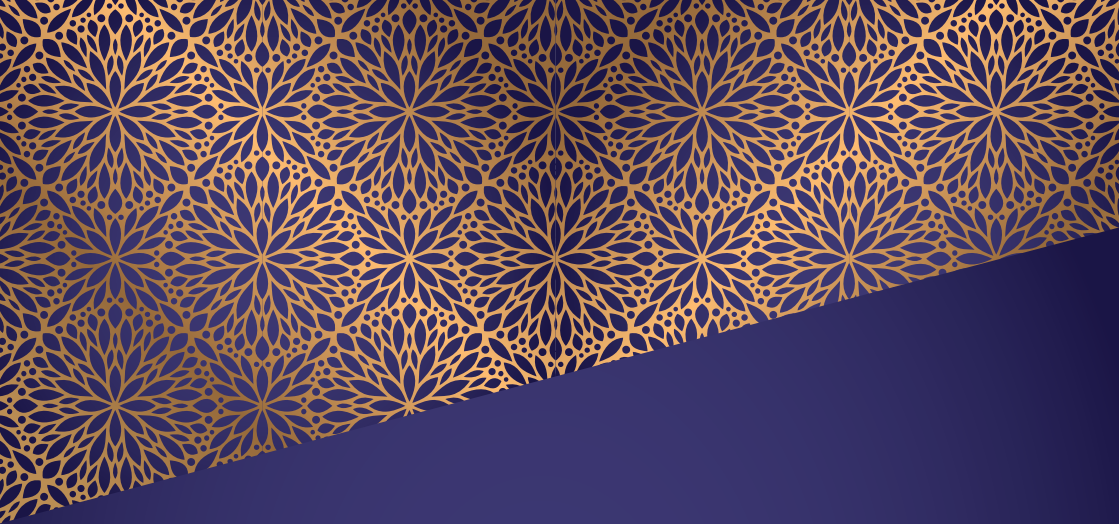


Map key behaviours and the goals behind them

Think about your most recurrent behaviours, and try to identify what it is they are intended to achieve for you, their goal. Then identify their outcome. If negative, think of a better behaviour to achieve this goal.

BEHAVIOUR	GOAL OF BEHAVIOUR	OUTCOME + OR -	ALTERNATIVE?





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