

---

Subject: Re: What The Bleep Do We Know!?  
Posted by [Crimson](#) on Thu, 31 Aug 2006 20:53:16 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

OK, my story...

Keep in mind that part of the premise of this movie was to show you that (possibly/probably) you are/can be addicted to your emotions, positive or negative. They also put forth that you can break the cycle of your emotional addictions by consciously deciding to do so. If you force yourself to respond a different/better way to a situation or stimulus, eventually that will become your natural response. This is a short story of something I went through and did to myself back in 1998 that serves as an example of this in action.

So... it was February of 1998 and I was living with my then-boyfriend at his parents' house. I had graduated from high school the previous June and was working at a great, fun job for shit pay. So, we ended up breaking things off (ok, he dumped me, I only tell you this because it's relevant) and I was left at a job not making enough money to even afford an apartment. So, I had a friend who had moved to Wyoming to live with her parents about a year before. She was tired of living with her parents and suggested that I move up there and we could get a place together. I debated this for a few days and decided to do it. So, within the next couple of weeks, I packed up most of what I owned into my 1986 Toyota Corolla (my first car -- paid in full and I had just got my license the month before) and with my aunt to help me make the drive, we took off. My friend had found a small house with all utilities paid for \$425/month to rent and signed us up. (Did I mention the cost of living there was insanely low? We didn't even have state income tax because the mining industry made enough money to support the state in their taxes)

So, here I am with no job, one friend, very little money, and about 3 weeks to go before our first rent check was due. I don't know what I was doing or when I decided this, but I looked at my situation and realized that I was giving myself a huge opportunity. This time was a very pivotal time in my life. Freshly graduated from high school, in a new state... no debt, no obligations. At this point in time I could set my path in life.

I decided that one of my goals was to change myself. Considering the horrible breakup I had just suffered and was getting over, and the fact that I hated school and was never one of the "popular" ones, I was shy and quiet. There were reasons for this... please don't interpret that as bragging or whatever, it's just a fact... I was a lot smarter than most of my classmates and school went way to slow for me. Whenever I spoke, I was asked things like "How did you know that? How do you remember those things? How can you do that?" and I was also treated like crap for the same reasons -- people thinking I was showing off, or whatever. So I learned to just shut the hell up and quietly finish my coursework.

So, I'm at this crossroad and I decide that I don't like my social personality. I lacked self-confidence, but I had seen people of all shapes and sizes be liked. So I decided that I was going to go "out there" and pretend that I was "the shit". (Yes, "the shit" was the term at the time, and that's what I told myself) I was going to go to my job (at Taco Bell, no less) and pretend that I was this confident, friendly, outgoing person and that I was awesome and what-have-you. So, that's what I did. And I was amazed at how quickly people warmed up to me, talked to me, and liked me. It didn't take long before I was no longer pretending I was "the shit"... I actually WAS

"the shit" and being more outgoing became natural to me. I ended up switching jobs when an opportunity came up to be an assistant manager and then main manager of the local Domino's Pizza and made a lot of friends, had a lot of parties, and had a great time.

So, this story of mine serves as my example of how, through the power of your own thought, you can do anything. You can train yourself out of your old responses to situations.

---