



5 Simple Steps to Outgrow Any Pattern Of Thought or Behaviour

For over 15 years I've been on a journey to study the mind, help people change their lives and achieve their goals. Some of my biggest questions were answered when I travelled to Chicago, USA, to spend time with Barb Stepp of Excellence Quest.

Barb carries on the work of Dr. Dave Dobson, creator of No Fault Psychology™ (NFP™) and Other-Than-Conscious Communication™ (OTCC™), one of the most effective and extensively modelled hypnotherapists of the last century.

One of the most valuable things I picked up from Barb as part of her FunShop™ seminar is that humans are 'patterned'. We make our lives easier by creating patterns of behaviour and thought, making them automated and easy, so we can focus on other things. We don't have to relearn everything all the time

Thank goodness we do use patterns! Can you imagine how challenging it would be if we had to do everything from scratch? Even just putting a sock on, we'd have to re-learn all the little steps, operating fingers, coordinating eyes and arms, muscles and nerves. We'd take forever and it would get exhausting! Fortunately...

We automate behaviour and thoughts.

But sometimes the patterns we made no longer fit our circumstances, are no longer useful or were never elegant solutions in the first place.

So, what can we do?

We can de-automate them, change and outgrow them!

How?

By using a gift each of us already has, something so natural it's often overlooked — yet it's incredibly powerful.

So what is it?

I like to think of it as

‘The Art of Sighing’

and there are **5 simple steps**:

1. Awareness

Notice when you’re using an unproductive pattern. The earlier you can spot it, the better.

2. Sigh

This is like putting the clutch in when driving a car. It helps shift between gears, physically and metaphorically.

3. Chuckle

Laughter is the easiest gateway from one state to another. Bringing a little humour into one’s life is always beneficial.
‘Hah, that’s not what I meant to do...’

4. Get curious

‘I wonder what that’s all about?’

5. Choose a more beneficial response

You might be thinking,

“That seems so simple! It can’t possibly be that easy. Is there anything else I need to know?”

Remember: **Simple and easy are not the same thing.**

The steps to de-automate and outgrow a pattern are **simple**; it might not be easy sometimes. Consider change as an ongoing journey — an **Odyssey**. Sometimes it’s easy; sometimes it feels challenging. It’s always an opportunity for becoming more resilient. Enjoy the sense of accomplishment that having agency in your own life brings.

Stick at it. Get some feedback and results. Get curious about how to proceed.

I use this strategy every day, and you can too. I’ve used it to become more productive with work, deliver highly acclaimed presentations and tours, quickly stop a fear of heights from developing, create beautiful recordings, design my business and much, much more. It’s incredibly effective!

There are a few tips I can offer that might help:

Catch the pattern as early as possible. Dr. Dave Dobson likens it to standing behind a car on a gentle slope to stop it when the handbrake is released. If you're standing right behind the car, it's probably going to be pretty easy; if you're 6 feet down the hill, it's going to be trickier when it gets to you. Awareness is important.

You might need a few goes at sighing to interrupt the pattern. Sometimes you might need to go do the dishes, go for a walk — anything other than the pattern you're changing now.

How long does it take to outgrow a pattern? Maybe immediately, maybe a bit longer. Sometimes change happens quickly; sometimes it happens slower.

It's your journey. The important thing is to get started, get an awareness, interrupt the pattern and find out what happens when you get curious about how you actually want to respond instead.

**Now you've got the 5 steps to outgrow any pattern.
I hope you have fun playing with this approach!**

To find out more on the FunShops™, NFP™ and OTCC™, you can find them on Barb's website over at excelquest.com.

Sometimes it's easier having someone help you, guide you to where you want to be. I've spent over 15 years doing just that: helping people outgrow fear, feel more confident, change habits and patterns of thought and behaviour, and more.

Whether you have something specific to change or a general sense of wanting more out of life, and you want to know how I can help you, **contact me for coaching** — details below!

Yours, with thanks,

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