

You Live Your Life by “Scripts” ... Do You Want To?

We all work from “scripts.” Little do you know that when you were young and powerless, you created a script based on pressures and influences from your parents, and this is how you created your life.

As we help define what these scripts are it’s also possible to stop the scripts, but first you must know what they are. In fact, it’s even possible to live a life without ANY scripts, where your behaviors and decisions are spontaneous and freely made.

Your “scripts” are often a result of a decision you made, long ago. Your scripts are a response to pressures exerted by your parents when you were too young or powerless to have any choice in the matter. And, no matter how much your parents loved you; no matter how wonderful they were as people, they made it (often subconsciously) uncomfortable for you whenever you deviated from that script. In fact, you probably still carry them around in your head, enabling them to continually reinforce your scripts.

Beyond our parents, we have great internal capabilities to “create” our own scripts with our loved ones and with our children...and mostly, with ourselves.

Let’s start by just identifying a few “parental scripts”:

- “Your grandfather was a Lawyer, and you should be, too.”
- “You do not look good in dark colors, honey. You are too pale and dark colors make it worse.”
- “You’re too heavy to do that.”
- “You must have a good education. How you do in school will define your future.”
- “You are just like your Father!” (Meant either good or bad)
- “See, (when you fail)...you didn’t try hard enough.”
- “I wish you would learn to not move so slowly.”

And here are a few scripts from a typical marriage:

- “You never listen to me.”
- “It is NOT my job to do that.”
- “I do not like to dance.”
- “It’s impossible to argue with you. You always have to have the last word.”
- “I do not want to have sex as often as you do.”
- “You treat me like an employee.”
- “You don’t understand what I do.”
- “I don’t understand what you do.”
- “You are never taking care of... (fill in the blank).”

There are three basic types of scripts:

1. Loveless scripts
2. Mindless scripts
3. Joyless scripts

Here's some scripts you might recognize:

You arrive home from work very tired, and completely overwhelmed from your day. Your spouse arrives home the same way (but of course, you are only thinking of YOUR day). The children arrive home from a day of school pressure, soccer, dance, listening to their iPods, and/or talking to their friends on their cell phones.

Or

You drink (or do drugs) most of the day because you are unhappy. You are really “self medicating” yourself, but you can't stop (or won't).

Or

You have little money, and rely on others, or welfare, to get money. Or, you steal.

Or

You have children with a number of men or women...because you “give up yourself,” or you never think of what might happen.

Or

You have had many jobs. None work out. You are never happy. The boss is always wrong, the work unfair. Nothing ever works out.

We could go on and on. But, these are scripts. They were created either by your parents and you began copying them...or by yourself, and you can't stop them. Or so it seems.

Here are a few simple things to do to stop scripting. And, yes, you can do this.

1. Identify what is called an “injunction.” Injunctions are usually unspoken but strongly reinforced with rewards or punishments, approval or disapproval.

Injunctions almost always begin with “Don't.”

- Don't enjoy sex
- Don't look
- Don't be happy
- Don't cry
- Don't be too curious
- Don't be too ambitious
- Don't do what you want to do. It's not “adult”
- Don't ask for anything
- Don't complain

2. Injunctions lead to attributions. Attributions are what was said to you or to others about who or what you are, such as:

- Clumsy
- Ugly

- Stupid
- Smart
- Self-conscious
- Lazy
- Good
- Careless

We believe that all the scripts that have been created can be stopped.

These major steps in your life can, very simply, eliminate the scripts.

1. Find TEN things that occur in your life. Just TEN. Write them down.
2. Take each of these TEN things that occur, and really control your life, and spend ONE HOUR on each “thing” and write it down. (What you are doing here is writing down the actual script that occurs. Don’t blame anyone, don’t write down what should be, simply write down what occurs but WRITE THE SCRIPT DOWN.)

Remember, ONE hour on each of TEN things that occur regularly in your life. Tell yourself the truth. Write down the script.

3. Review what you wrote. Honestly. Sit “outside yourself” and really look at what you honestly wrote.
4. Now, spend ONE HOUR on each of these TEN scripts and rewrite them as they SHOULD be. As you COULD be. As you really WOULD want to be.
5. And, once you’ve rewritten the new script, let’s now THROW OUT the first TEN scripts (the old ones) and start over.

You control your life. You create the script. You can “undo” a script...sure, it might take months, or years, and sure, you might fail...but you CAN do this....it simply takes RECOGNIZING what the script is that you are “living,” and stopping it.

And before you say you can’t do this....STOP... You are what you decide.