

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #5 STAND – Week 3**

#### **S.T.A.N.D.™ – Truth (part 2)**

The **T** in **S.T.A.N.D.™** stands for **Truth**. **Your beliefs will always colour your interpretation of any and every situation. And your beliefs are sometimes so fixed and rigid, that they leave no room for there to be any other truth or reality. And because of this, you can end up in a situation where you are thinking about things in a damaging way that is quite self-destructive and yet is based on no evidence whatsoever.**

**Describe the last time you experienced this kind of situation (you may or may not have been with another person). Who was involved and what happened?**

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**What was the impact of you believing what you did about the other person?**

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**Now go back to that situation as though you were reliving it and ask yourself another question. One that will immediately shift your perception on that situation.**

**What else *could* this mean? Literally, what else? However unlikely, or spurious, list every single other possible explanation that you can comprehend;**

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**Now go through each possible explanation in turn, and ask yourself a further question 'If it did mean this instead, how would that change how I feel about it?' Does it loosen the grip of your original belief? Notice the difference in how it feels to consider other possible alternatives;**

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You can tell yourself anything you like, and what you do say will make a massive difference to you physiologically, so always ensure you test out the truth of what you are saying to yourself.

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

**Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.**

**This is your time now, and you matter.**