



Solutions for Life

from **Solutions Counseling & EAP**
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If You Don't Believe, You Won't Receive!

I heard a friend of mine tell her kids a version of the title one day. The oldest had come home from school with some sort of horror story that Santa doesn't exist. I remember I thought she handled it beautifully when she said, "How sad! You know, if you don't believe in Santa, he won't come to your house on Christmas Eve." Now, you can choose to believe or not, and you can tell your kids anything you want about Santa. I just thought her answer covered believers and non-believers without judgment.

I also remember thinking that belief is a huge part of any receiving that gets done. Let's take a look:

Spiritually - We know that people do better when they have a belief system that includes a higher power. We have a need to feel as though there is something bigger than us that is in control of the universe. Most people increase and decrease the amount of their believing as they go through life. They go through periods when they think what is in front of them is all there is. I find that to be a normal part of our development. I can tell you this - when people come in to see me for the first time, I always ask how they are doing spiritually. By far, the majority of people dealing with depression, issues with family members, issues with addictions, etc. are not where they would like to be spiritually. If you're not happy with your current situation, start working

on your spiritual life. You may not receive what you think you should, but it will probably be what you need.

Self Talk - We've discussed this before. That audiotope that runs a never ending loop in your head is becoming a self-fulfilling prophecy. I really do believe that the things you tell yourself tend to come true - "I'm so stupid," "I'm miserable in this marriage," "If it weren't for bad luck, I'd have no luck at all." Likewise, others tell themselves, "I'm going to get that job," "I know I can pass that test," "My marriage isn't great, but we can fix it."

I know this sounds simplistic, but I have seen it work so many times - whatever you "claim" comes to fruition. Now, this doesn't mean that if you claim you're going to have a million dollars deposited into your bank account it will happen (although I guess it's not out of the realm of possibility). What it does mean is if you begin to claim, "I am becoming financially responsible," or "I am making healthier eating choices," or "I am feeling better today," it's a very real possibility it will happen.

Where do we learn this self talk?

Typically it comes from our families of origin. The way our families viewed us is typically the way we end up viewing ourselves. (So, parents, be very mindful of what you tell your children!) The great thing is, we can "re-program" our brains if needed. As

you become aware of your self talk, evaluate and decide if you need to replace the message.

Make Your Claims - This is connected to self talk, but on a larger scale. Begin to envision the things you want to happen in your life as already happening. If you want to be a millionaire one day, begin to claim it.

I saw an interview with a musician today about her new album. "It's successful," she said. "But it hasn't even been released yet!" exclaimed the interviewer. "I know," she said. She envisioned her success - she "claimed" it. You can begin to claim your success, too. Picture your successful world - with relationships, finances, careers, etc. Decide what skills/tools you need to make your picture a reality and get to work. Will it always work out? Probably not. But you've got a much better shot if you stay in a positive frame of mind as you work towards the goal.

I learned a long time ago that not everything can be calculated, controlled, or even explained. You have to accept that, or you'll drive yourself crazy. Even better, you need to receive the possibility. So, to the son of my friend discussed at the beginning of this article - I want to receive, so you'd better know that I believe!!