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JUST A SLIGHT OVERSIGHT

“I need to lose weight!” “I should really quit smoking!” “I need to get in shape!” All of these desires require willpower and that’s all there really is to accomplishing those feats ... right? No, that’s not all there is. Although willpower is very important, the human mind must be geared in the direction that will allow that will power to be generated. I believe that the reasons why success is achieved ... as well as when it isn’t achieved ... has to do with how the brain operates in order to send the correct messages to the mind. I said THE MIND which frightens most people because they don’t really understand a few things that are very important and useful in order that success be able to be achieved. In future articles, I will explain how the left and right sides of the brain operate as well as how our unconscious mind influences our activities.

I don’t suppose that the mention of THE MIND is what really frightens people. Probably what does scare many are the terms MENTAL HEALTH. When I was studying for my professional degree a few decades ago those two words were verboten! I made up my mind that my professional life would be spent attempting to dispel that fear by helping people to recognize that mental health in large part is about our seeking alternative methods to achieve happiness. Although the stigma is not as great as it was back then, it still exists.

Let’s look at the aspirations I cited at the beginning of this article. Suppose for a moment that a person’s life was well balanced and happy in most respects. Would that person be preoccupied with losing weight or quitting smoking then? I doubt it because if a person is doing everything necessary to develop and maintain their happiness, those issues probably wouldn’t become a problem in their lives. In other words, their physical well-being would be under the influence of their minds or mental well-being.

In my work with people as a consultant around life management issues, it is often apparent that people do not believe that it is possible to have control over the manner in which their minds operate. They tend to view the manner in which their minds work as being governed by some mysterious power which they dare not begin to understand. They believe that if they are thinking or feeling a certain way, those thoughts and feelings

cannot be changed or altered in any way. Nothing could be farther from the truth. If we are prone to thinking negatively, for instance, it is quite possible to decide to change that pattern to thinking positively instead. It may take some practice but the outcome is very gratifying and well worth the effort.

And so, it is our minds that can create the willpower that is necessary in order to achieve difficult changes in patterns that may have overtaken our lives. As we learn to point our minds in those positive directions, moreover, we are automatically in the process of developing a happy, positive and healthy lifestyle. Perhaps the following questions might help you to begin that process.

- When you have decided to change a difficult, problematic pattern in your life, have you dedicated yourself to working on it for at least 6-8 weeks?
- Can you think of a time when something resulted in your feeling a certain way that you decided to change so as not to affect others? How did you feel afterwards? Did the way you originally felt change as a result?
- Can you identify how you came into an unwanted pattern and what you may have done otherwise instead of starting to practice that pattern?

Try changing the manner in which your mind might tend to work. You will most certainly be very surprised at the power your mind has and how well you can control your life's destiny.

A Brief Biographical Sketch

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in

sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is “seeking alternative methods to happiness” and wishes those touched by his words to practice the three secrets to a happy life: “enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.