



Your own standard counts

"We. This word should be declared the "Unword of the Year". We should, we must, we should, we can....we. I am not we. We: That's the others." (Gerhard Polt)

One's own insecurity is one of the main reasons for acting according to the ideas of others. Not wanting to leave their comfort zone in order to eliminate this insecurity, people leave their decisions to the majority or to those who credibly assure them: "I know what is best for you".

However, to behave in this way can cost one's own health at the moment.

Would you like to have enough self-confidence and self-assurance to be able to act freely and self-determined? To be able to stand up for yourself credibly and to recognize who is credible? To represent your own point of view credibly to others is only possible if you are self-confident, i.e. if you know your needs, your weaknesses and your strengths. If you are self-aware, you will trust yourself and also your gut feeling, which means to follow your healthy instincts from time to time. Only in this way true self-assurance and self-confidence can develop.

Some people are masters at playing certain roles in order to achieve their own goals. But "role players" are usually exposed at the latest when they are caught in concrete contradictory behavior. Do you know someone like that and did you talk to him/her about it? Did the person become aggressive or did she/he refuse communication? Or did the person end your relationship immediately afterwards? Don't be surprised, because "role players" are often too cowardly to give you answers. Possibly they have no answers, because someone who needs to play, perhaps simply does not know who she/he really is. Sometimes people have to pretend and lie to themselves about themselves in order to be a "good person". Or the person was too ashamed because you saw through her/him. Perhaps you let yourself be misled by the person's confident appearance and did not trust your subconscious. In retrospect, you then became aware of the warning signals your subconscious was sending you that this person was not authentic. You just ignored your gut feeling at that time.

It takes time, energy and perseverance to explore your self, acknowledge and love it, learn to trust your instincts and then consistently live by them. Be patient with yourself and trust yourself:

- You always have the right to your own opinion, even if it is not that of others.
- Only then, when you don't have to bend yourself all the time to please others, you will be fine. Take the time to find out what you need and take the time to do what gives you real pleasure. As far as you do not damage others, to behave in this way is healthy and far from being selfish. Selfish are the people who deny you the right to do this and possibly accuse you of curtailing their freedom. In reality, however, they are the ones who want to limit your freedom because your behavior may not serve

their own interests. You are unique and you can best serve others when you are fully yourself.

- Take a close look at existing relationships. Are your needs acknowledged and met, or do you have to constantly compromise to keep the relationship going? Stop doing that and let yourself be surprised: Either the relationship will gain a new quality in which respect, recognition and equal give and take prevail or it will dissolve.

I wish you a happy, successful, healthy and self-determined New Year!

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