



### 4 steps before you will change your behaviour

The topic on the radio show was alcohol and how did you give up? It could have been any bad habit or addiction that they were talking about. Many callers mentioned that they had stopped. Some found it very hard to change, others found it a bit easier but still struggled with it. One person rang up and said he had stopped drinking one day and had never gone back.

When you know you need to change why do you often find it so hard to do? Even getting started to change can be difficult. Many people find this question hard to answer. This is why many people go to therapists to get help to find a way to make it easier.

There are ways to understand why a problem is difficult to solve and overcome the difficulty.

One way to prepare to make the change in your life easy, is to follow the four steps before you try and change:

#### 1. **Know where you are and where you want to go?**

When you are travelling around, it is very difficult to get to where you want to be if you do not know where you are. For a GPS to provide directions, it has to pin point where you are by tracking at least three satellites. Once it has a fix, it then asks where you want to go. If you cannot tell it, it cannot provide directions. So when you have a problem get clear on what the problem is. Then get clear on what you want instead.

#### 2. **Is it really what you want?**

For people who want to quit smoking. You need to want to do it before you will try and become a non smoker. If you are doing it because you are told by a partner, children or work colleague then often nothing will change. Be clear on why you are changing. If it is not for you but for someone else, then stop. Go back to step one and determine what you really want. Then you can begin strive to have what you want.

#### 3. **Determine the behaviour you want to have!**

Our behaviours are developed so that you get something you did not previously have. Through our behaviours you try to get something internal; a feeling. It could be a feeling of comfort, love, joy, attention, or any other positive feeling. The behaviour to get that feeling may be a positive behaviour such as helping people. Or it may be negative behaviour.

There was teenage girl who wanted to have time by herself. Instead the girl found that her mother wanted her around all day. One day by accident, the girl got annoyed with her mother. The consequence was the girl was sent to her room. The girl had finally got what she wanted and needed. She had found a behaviour that was negative but worked. So, when the girl wanted some time by herself, she would annoy her mother. The girl would then have time for herself in her room. The mother could not work out why the girls behaviour had become so bad.



## **The Eyes of Horus**

Helping those stuck negative emotions &  
behaviors to gain freedom through empowering  
behaviours

**David Donahoo**

Dip. Clinical Hypnotherapy, Master Practitioner NLP,  
AI, Speaker

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#### **4. Have a big enough reason for changing**

For every behaviour you do, whether it is empowering or disempowering, there is a reason behind it. The reason for changing needs to be bigger than the reason for keeping the current behaviour. To make change easy for you, you need to work out the reasons for keeping the current behaviour. Next, determine the reasons for make the change. Compare the two. For the change to be easy, the reason for making the change must be bigger and more motivating than those for staying as you are.

The person I mentioned earlier who stopping drinking alcohol stopped because his reason for stopping was greater than the reason for continuing to drink. He had meet a girl who he feel in love with. She said it was either her or the drink. He thought about it over a glass of wine and decided on his girl friend. They are now married with several children.

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