



Are you controlling your behaviour or is it controlling you?

Are you at cause or effect? What can you do about it?

What is behaviour

According to Wikipedia, behaviour refers to the actions or reactions usually in relation to the environment. Behavior can be conscious or unconscious, overt or covert, and voluntary or involuntary.

The behavior of people falls within a range with some behavior being common, some unusual, some acceptable, and some outside acceptable limits. The acceptability of behavior is evaluated relative to social norms and regulated by various means of social control.

What is cause and effect

When a cyclone hits a town, there can be major devastation. Buildings are damaged, people are injured, animals can perish and the land is usually flooded. The outcome of the cyclone can be mixed.

In most cases people's from communities outside of the area come in and help and the government provides aid and assistance. In some cases places can be looted and things stolen, as thieves see the opportunity as it arises for personal gain.

The cause of the devastation is the cyclone. That is obvious from film's that are taken during the event. But what about the looting? Is that caused by the cyclone or by a person's thinking? The reason for the looting is internal to the person. It is a choice that occurs whether or not there is a cyclone.

Someone can steal an apple from the market place, a purse from a traveller, or money from a convenience store. So, the cyclone is the cause, but the effect is on those impacted by the cyclone. The cause of the looting is a person's values, beliefs, thoughts and feelings.

Cause is that things that produces an effect. The Effect is the consequence. So are you at the cause that produces the effect in your life? Or are you at Effect, where you're the consequence of what happens around you?

What is the impact of being at Effect?

When at the effect side of the event, you are impacted by the event and believe you have no control over the event. You may see yourself in need of assistance physically, emotionally or mentally. You will look for someone else to help you get out of the situation you are in, and back to a safe environment.

Having no control means that you look external to yourself for the cause. You also look external for assistance. You may see yourself as lacking the ability to change. You look to others to make the changes for you so you can be safe.

You pass your power over to someone else believing that is what you need to do to survive.

Being at effect means you are usually pessimistic about your situation and see things as threats to you.

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What is the impact of being at Cause

When at the cause side of the event, even though you are impacted by the event, you believe you have control over your circumstances. As with effect, you may see yourself in need of assistance physically, emotionally or mentally. With cause you look internally into yourself to decide how you can help yourself and get back to a safe environment.

Being at Cause means keeping the control of your choices and how you react. You look internally for the resources, ability and knowledge to get the assistance you require. You see yourself as having the ability to cause change in yourself and your environment.

You keep your power believing that you can survive.

Being at cause means you can be more optimistic and see opportunities as they arise.

Being responsible; good for self, the environment and the world

When being at cause means that you can take responsibility for your own self. This means that you are responsible for how you feel, the choices you make and the impact those choices have. It means that you do not pass the responsibility to someone else.

Being responsible enables you to make changes in your life as you do not need to wait for others to change or events to occur. You can choose to make changes which will influence others and events to allow you to move to where you want to be.

As in the case of the looters, being responsible does not mean being lawful. That is a choice you can make when situations arise.

In NLP we have a belief, that change is useful and positive as long as it is good for you, good for the environment and good for the world. If it fails to pass any of these, then the specific change is abandoned for some other option which does satisfy all of these.

Choice

We all have choice in our lives. Victor Frankl, in his book "Search for meaning", describes how even in a concentration camp during world war II, the people had choice. They had the internal choice on how they would react to the guards, their fellow prisoner and to their environment. It was often these choices that they made which resulted in whether they lived or died.

Being at Cause, and taking responsibility for your own reaction, thoughts and feelings, means that you have the choices to change these. No matter whether someone does something terrible to you or not, you can choose how you react.

Jack Canfield in his book "The Success principles" talks about the formula:

Event + Response = Outcome.

The outcomes you get is impacted by your responses or emotion to an event. When your response is anxiety, fear, anger, stress or lack of motivation the outcome will feel negative, like you have no control.

Since the event usually does not change, then the only way to get a different outcome is through you reacting differently.

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So, by changing your unconscious response, you can change the outcome. Keeping the same response produces the same outcome. A term for insanity is expecting a different outcome without changing the response?

Where are you?

Before you can make a change it is useful to know where you current are. Are you at the cause side of the situation or event, or are you at the effect side with no control of the consequences?

In some areas of your life you may be at the cause side, while in others you may be at the effect side.

To determine where you are, first think about situation that commonly occur for you in the areas of:

- Health
- Relationships
- Your own personal development
- Career
- Spiritually
- Finance

Now as you think about each of these areas and choose a typical event that represents your behaviour in that areas, ask the following question:

Am I responsible for my actions and my behaviour, so that the consequences are under my control?

If the answer is YES, then you are at cause.

If the answer is anything else, then you are at the effect side to some level.

Changing from effect to cause

To change from the effect side to the cause side, the things to do are:

- Begin to take responsibility for everything that you do
- Become aware of the choices you make in your life. Even when you think there are no choices, you are choosing that
- Become aware of your emotional response to a situation. If it is not what you want, then develop the response you do want
- Observe others who are in control of their actions and behaviour learn what they do. If you can go and ask them and they will usually tell you.
- Practice, Practice and Practice some more on saying to yourself "I am responsible for my actions and behaviour. I have the control of my thoughts, emotions and self talk".



The Eyes of Horus

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

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To find out more about moving from those stuck emotions and behaviours and creating empowering behaviour visit my website. Register for my newsletter: **Ideas** in creating Empowering Behaviours. To do this just click on the link and register your name and email in the box on the left side: www.theeyesofhorus.com.au

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