

**Why We “Backslide,” and How to  
End Backsliding, Self-Sabotage  
and Other Hang-Ups Forever**



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## **Part One: The Pattern of Backsliding and Self-Sabotage**

See if this story sounds familiar. You want to enhance a part of your life. Maybe you want more money, or you want success with women, or you want to “overcome shyness” and have social success. Whatever it is, there is something you are currently doing that is causing you unhappiness, or something you would like to do that would bring you more enjoyment, and you want to make a change.

So you search for a solution and find some system. Chances are, you pay good money for this, because it’s important to you – you really want to change this part of your life. You buy this self-improvement system, you read it, or study the DVDs, and you have some success. Maybe you start making sales, or you make a connection with a beautiful woman. You find that the self-improvement system actually works and you notice some initial success.

Then what happens? You start worrying that you’ll “backslide.” That voice, or that feeling, comes up and warns you that you are going to end up back in the same place of failure and frustration you were in before.

And even though you do not want to fail, you find yourself focusing on that failure and noticing the ways in which you are “backsliding.” You have trouble replicating that feeling you had when you found your first success. The next time you try and use the new system, it does not work as well, or maybe you “freeze up,” and it does not work at all.

And the more you focus on the “setbacks,” the harder it gets. Soon you are looking at that first instance of success as your “high point,” your ideal, instead of the first step on your road to success. And you find yourself falling more and more into your old habits and ways of thinking. That “high point,” which you actually achieved, becomes unattainable.

Eventually, you write off that first taste of success as “beginners luck,” or a “fluke.” You accept that you have once again backslid into the old way of being that has not been serving you. You become more and more convinced that this is how you were meant to be – this is “who you are.” Eventually, you become convinced that the self-improvement system does not really work, or will not work for you, and you give up. Maybe you search desperately for another system, or you resign yourself to being the way you are and make excuses for your lack of success, like “only smart and well-connected people make money;” or “only guys who are rich, or tall, or have big muscles, get the attractive women.”

And you do one more thing – you see this as proof that “backsliding” is real, and that whatever it is you are trying to achieve simply cannot be learned, that it is impossible to have real, lasting

change in the areas of your life that matter to you. You buy into the idea that our personalities and habits are “hard wired” into us and that there is nothing we can do about it.

### **The Science behind Backsliding and the Law of Attraction**

I am going to share with you some stone-cold facts. First, you are fully responsible for the results you are getting. Nobody else is responsible. Not the “guru,” not your parents or peers, not the media, not “society” or “human nature.” If you want to make your life better, the only person who can do that is you, and the only person who can stop you from making that change is you.

Second, every person has the ability to change their habits, thoughts, and behaviors. This is not some mystical, unattainable concept, but something that can be learned, practiced and repeated.

Third, there is no such thing as “backsliding.” There is nothing supernatural about people who have a success mentality versus those who do not. The fact is, we will go toward our destination, which is what we have chosen. Whether that is success or failure is up to you. You can learn to create success in your life just as you learned to create “backsliding” and failure.

You have probably heard of the “Law of Attraction.” Maybe you read “The Secret,” or a similar book that described how your intentions create your reality. And maybe, if you have suffered enough of those “backsliding” experiences, you have already convinced yourself the law of Attraction is a bunch of New Age BS concocted by hippies who smoked too many blunts. And I can relate, because I used to feel that way, too.

But I want to make clear for you that the “Law of Attraction” is not some mystical “woo-woo” spiritual thing. It is a scientifically-based observation of our mental patterns. And these patterns can be used for our benefit.

If I told you “think of a pink elephant.” You could close your eyes and think of a pink elephant. Now, if I told you “Whatever you do, do not think of a pink elephant,” what’s going to happen? Chances are, the first thing you will do is picture a pink elephant.

Maybe you have tried a version of this with your friends. At an inappropriate time, have you ever reminded your friend not to laugh? Or maybe someone did it to you. And what happens? The person usually ends up stifling (or not stifling) a laugh, causing themselves embarrassment.

Does this mean we are self-destructive? No. I will explain the facts later. But first, another example to prove my point. Have you ever gone car shopping and found a car you like, and then noticed everybody else on the road seemed to be driving the same car? Contrary to what

some might say, the “universe” did not magically put those cars on the road. They were always there, you were just ignoring them up to that point.

The “Law of Attraction” is really your mind’s way of filtering out information. Our minds are bombarded with so much information, from outside images and our own thoughts generated within, that if we paid attention to every piece of information, we would go insane. So your unconscious mind has these filters that are programmed to sort out information and bring into consciousness those things we have asked our mind to look for.

It seems like we have no control over these filters, but in fact we have total control over them. The problem is, most of us have no clue how they actually work.

The unconscious mind works a lot like a computer in that it is very literal. If you tell it to “go to hell,” it will follow your command. It also cannot distinguish between positive and negative requests. If you think “I do not want to backslide,” your unconscious mind will understand “backslide,” and go to work producing that result for you.

Another thing about these filters, the more you focus on something, and the more energy and emotion you direct toward that object of focus, the stronger the filter becomes. Emotions and energetic intensity “hard-wire” the internal filters. So if you have an intense experience, associated with a certain object, that becomes your filter. This is how phobias, addictions and habits are created. But it is also how star athletes make those impossible plays over and over again.

Because most of us do not understand that we have these filters, much less how they work, these filters end up being programmed by whatever comes in, which means we end up having filters set up by other people – our parents, our friends, advertisers, teachers, bosses, coworkers, our own experiences, and that ends up being how we literally perceive the world, and in the end how we are living in the world. We are literally living someone else’s life, and it feels very random and not what we actually want.

How these filters are set up, and what these filters are set on, literally create our reality. Again, because you are bombarded with millions of pieces of information a day, you have to ignore almost everything. And you do. In fact, right now there are large chunks of reality that you are not seeing, hearing or feeling. There are thoughts going on in your mind that are being ignored.

Take a moment and feel your clothing on your body. Feel every piece of clothing touching your body.

Feels weird, doesn't it? Most of the time your mind is "filtering out" that sensation, even though it exists all the time. And then I asked your filters to focus on that feeling, and you felt it. This process is going on all the time, creating your reality.

### **"Backsliding" and the Science of the Law of Attraction**

So let's go back to the "backsliding" story and see how this is nothing but an example of the science of the Law of Attraction.

You begin with a desire to improve yourself and you go to look for some skills to help you. When you first practice these new skills, your mind is open and positive, thinking about the success you want. Likely the information you are using to improve yourself is also creating positive filters in your mind, giving you instructions to have success.

So you learn a new skill and, with your filters opened toward success, you have some success with the new skill.

Then a deeper part of your mind objects. There is a more intense filter set to "finding failure," or "finding unhappiness," or some other unhelpful setting, and it goes to work disproving your success, challenging the facts that point to your success.

Maybe you begin to feel doubt. Maybe you start thinking about how you do not want to backslide, which is interpreted in your mind as "I want to backslide." It is not that your mind is trying to sabotage you, just that all the programming is backwards.

So instead of focusing intensely on the success, you focus on the failure which draws more and more of that failure into your thoughts and your life. Your mind comes up with reasons why your initial success was not real, just as you asked it to do; your mind comes up with ways to "make it not work," because that is what you instructed it to do. You did not mean to, but you did.

Your unconscious only follows directions, it does not run the show. You do. You just need to figure out how to properly run things.

This is the science of backsliding – you are not destined to failure, but you have inadvertently programmed your mind to create failure. And this process is working.

## **Part Two: Reprogramming your Filters – Using LOA for Your Success**

So you have discovered how your “backsliding” is actually the “Law of Attraction” in action. You have learned the science behind why your mind seems to be “working against you.”

And this is great news!

If you can use the Law of Attraction to program your mind to create failure, and you can see and understand how that is working, you also understand how you can use this process to create success in your life. The very same process you have been inadvertently using to sabotage your success can be consciously created to produce a program for success.

You can not only eliminate “backsliding” forever, you can actually draw yourself, almost effortlessly, toward your success.

The process is basically the same as the way you “backslide,” except you are moving to a positive goal, a goal you actually want, and this is intentional.

### **Step One: Find Your Focus Point**

When you were backsliding, your focus was on “backsliding.” “Not backsliding” and “backsliding” are the same when it comes to programming your filters. So your focus was on failure.

Now you will find one thing, one positive, helpful thing, that you want in your life. Make this something that is tangible and something you can accomplish yourself. Make it positive and in the present tense.

So come up with that one specific, positive goal. Maybe a new habit or something tangible you want to accomplish. Maybe it’s a way of being – maybe you want a carefree feeling, or to connect with people in certain situation.

### **Step Two: Associate an Image and Feeling**

You have your positive intention, now give it depth. What would it look and sound and feel like to successfully have that in your life? What feelings would be going on in your body? What thoughts would be going on in your mind? Get as clear as possible. Really feel yourself having this success.

### **Step Three: Create an Emotional Charge Around What You Want**

Now, imagine a time of intense happiness and elation. Maybe you had some success. Maybe your favorite sports team won a big game. Maybe you fell in love. Whatever it is, go back to that intense feeling, feel everything about that emotion.

It doesn't even have to be a positive emotion, it could be anger, which certainly is the charge around a lot of thought filters, but I would advise using a positive emotional association, and make sure there is no "hidden hurt," like the feeling of falling in love which resulted in a painful breakup. Make sure it is a "pure joy" feeling.

After a few minutes, bring up the image and feelings of the success image you want while feeling this emotion. Fully link the image and feeling of having this success you want with this awesome, positive, intense emotional experience.

#### **Step Four: Begin Moving Toward That Goal**

Every day, throughout your day, keep revisiting that image, those sensations, that intense emotion. And keep asking yourself "How am I getting closer to this?" "How can I bring even more of this into my life?" "What can I be doing differently that will bring me closer to this reality?"

That's it.

It is that simple, but it is not easy. Your focus is on you achieving that thing you want for yourself, what you can do to embody more of that quality, and in what ways you are getting closer to that vision of success you have created.

It will take some retraining for your mind to focus on the positive goal, without slipping into old negative habits, so learning this process is like learning a new skill. You will have to give yourself time and space to allow the new thought pattern to take hold.

And initially it will take work to "re-train" your mind. You will have to access that image many times during the day, and re-tweak it to make sure it is a positive image and you are asking yourself the forward-focused questions.

Also, since these thought patterns are tied up with emotions, you're going to be going up against some emotionally-charged limiting beliefs and habits. So from time to time you will have to release these emotions and allow yourself to heal. This is a critical part of the process – clearing out the old emotions and healing old wounds.

And perhaps the most important overriding mindset in all of this is that what you are doing, what you are adding or changing in your life, is not who you are. Whatever level of success you are achieving, and whatever level of success you desire, are not reflections on you as a person.

You are already perfect as you are – a perfect, amazing, immortal being. Your desire for more success in certain aspects of your life is you wanting to give yourself more of the things that bring you satisfaction and joy. But whether you have the success you want now or not, you are perfect and amazing as you are right now.

Two key parts of self-acceptance are first, taking time to get in touch with that amazing person you are and second, keeping your skills – and whatever you are learning or desiring is essentially a skill – separate from your self-worth. You are infinitely valuable. When you take the time to access that inner core, you'll be blown away by how amazing you are. Next to that, your skills, or perceived lack of skills (and it's all relative) have no bearing on your worth.

So whether you are a master at something or not, you can accept where you are at right now while still thinking the world of yourself. And you can observe yourself moving closer and closer to your goal without making it mean something about you as a person.

And that is a huge relief. It is a lot easier to change and have success when you approach it from the attitude that you are learning a new task, like riding a bike or learning the alphabet, instead of something that affects your worth as a human being.

When it comes to things like women and dating, there is so much emotion and perceived self-worth tied up in this, as well as deep biological urges, it feels to a lot of men that having success, or not having success, with women and dating is a reflection of their self-worth. The great news is it is not. It is just another mindset to learn, another skill. And when you are able to recognize the difference, it takes the pressure off and allows you to be very clear about where you are now and where you want to be, while at the same time fully appreciating your value as a man and as a human being.

And the really interesting thing about discovering this distinction when it comes to something as emotional and important as dating and relationships is that once you do find that distinction and begin fully loving yourself as you are and simply treat the process as a learning process, regardless of your currently level of "success," you become a lot more attractive. Sometimes that shift alone can be enough to actually "solve" your "dating problems."



## Part Three: The Recipe for The Success Mindset

I want to give you a set of steps you can use to create a “positive mental filter,” to create a mindset that actually draws you into success, so you are “forward-sliding,” instead of backsliding.

### Get Present

Presence is critical. If you want to have more success, you need to know where you are and what’s going on. Presence is also the pathway to getting in touch with that amazing inner core, to become fully aware of your self-worth, apart from whatever goals you are creating for yourself.

There are a lot of elements to presence. Learning and practicing presence, by itself, can often create the success you are looking for, the real fulfillment you want.

I recommend that you try out different techniques for finding presence and find those that work best for you. I’ll give you a simple exercise, which you will want to do for two to three minutes at least four times a day, to find presence and just relax and feel good about yourself.

### *Grounding Meditation*

*Sit quietly with your spine erect and your feet flat on the floor. Allow your eyes to close and just take a moment to notice the way you are right now. First, notice your breath. Is it fast, or slow? Is it deep, or shallow? Are you breathing into your chest, or all the way into your belly? Now as you notice your breath, allow the next breath to be a little slower, a little deeper. Allow yourself to breathe more into your belly. And allow the next breath to be a little slower, a little deeper, a little more into your belly. And allow each breath to be slower, deeper and more into your belly than the one before until you are taking the slowest, deepest, most satisfying breath you have ever taken in your life.*

*Perfect.*

*Notice your feet on the floor, which is connected to the earth. Notice your connection to the ground, to the earth. Notice your butt and the back of your legs connected to the chair you are sitting on, which is connected to the earth. Feel that connection. Feel that you are being held by the earth. Allow yourself to settle in more deeply now.*

***That's right.***

***Now notice the feelings and sensations in your body. Are there places of tension, or are you loose and relaxed? Are there places in your body that are numb, or is there feeling going all through every part of your body? And with each breath, bring more awareness to those places that are tense, those places that are lacking feeling, and allow your breath to unlock those places, to relax those places, to allow feeling to flow through those places. Keep going until your entire body is relaxed and filled with feeling.***

***Perfect.***

***Now notice your thoughts. Are they rapid or slow? Are they noisy, or quiet? And with each successive breath, notice your thoughts growing slower and more quiet until you begin to notice spaces between your thoughts.***

***And as you notice spaces between your thoughts, allow your awareness to focus on those spaces between thoughts. And as you allow your awareness to fill those spaces, notice how the gap between your thoughts grow wider and wider. With each successive breath, the gaps between your thoughts become wider until you can just be in that gap, that space between thoughts.***

***It feels like your thoughts are clouds in the sky, and you're awareness is on the sky. Just be with that, and notice how good it feels, how whole and complete you feel. And allow your awareness to remain there in this space for as long as you feel is right for you, then return to where you are.***

This is a simple and effective method of finding presence. Like anything else, finding presence requires practice. So practice presence as often as possible. It feels great, it's relaxing, and it's the foundation for creating the amazing change you want in your life.

Presence is about being in the moment, not being "in your head." It is about being aware of what is going on and your place in it, with total objectivity. It's about "what is." If you want to get somewhere you need to know where you are – not a representation of where you are based on assumptions, limiting beliefs and faulty information. It means really being who you are and being where you are at in the world.

### **Acceptance and Self-Acceptance**

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