

### CAN AND CAN'T

There's a not-so-old adage that says, "some people think they can, and some people think they can't, and they're both right." It's a good adage. You may have some "I can't's" floating around in your head that you're not even aware of, or that you haven't been aware of until now. Until now you may have been, and forgive me for abusing another old adage, "too close to the forest to see the trees." But I tell you, a little awareness goes a long way. As you begin to notice the "I can't's" you live your life by, you may find some of them are accurate. I mean, it's true, you *can't* fly, you *can't* grow taller on the spot, and you *can't* walk on water. A lot of your "I can't's", however, may be subtle and yet powerfully self-limiting, like "I *can't* change," "I *can't* commit to a relationship," "I *can't* remember names" or "I *can't* fix anything with my hands," or "I *can't* relax," or the grand daddy of all "I can't" Myths: "I *can't* handle it." The "I can't handle it" myth gets applied in all sorts of circumstances. I never know what people mean when they say I can't handle it. Do they mean that if they handle it they'll explode, or melt maybe? Next time you hear an "I can't" rumbling around in your head or coming out of your mouth, I want you to notice it. Consider replacing the words, "I can't," with the phrase, "I won't," instead of "I can't," or better yet, "I don't want to," or better yet, "I choose not to," or even better yet, "Until now I've chosen not to." These words will remind you of your responsibility for your part of the limitation. They'll remind you of your choice in the matter. They'll remind you that your "I can't", in most cases, is no more than a belief, a hypnotic belief that you've been carrying around, probably outside of your awareness. Until

now, that is. And a belief is, after all, no more than an opinion that you've developed loyalty to.

Thanks for listening. This is Rick Carson, The Gremlin Tamer, inviting you to join me again when I'll do my best to go from my heart to the Heart of the Matter.

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