

Choices.

No matter what the situation or the event, the one constant that is always there, but which we choose to ignore is our ability to choose—to make a choice as to how we will view the event, how we will respond to the scenario in which we find ourselves.

In fact the catch cry is more related to: “It’s fate”; “the bad hand I have been dealt”; “so and so is really messing up my life”; “I’m having a bad day because of you”. All of which are expressions of the belief that it is someone else, or something else, that is controlling my life; that I am the victim of a variety of circumstances; that I am a puppet and someone else is pulling the strings; that I spend my whole life dancing to someone else’s tune.

[Victor Frankl](#) in his book “Man’s Search for Meaning,” has a statement that is famous as a [quote today](#). “The one thing you can not take away from me is the way I choose to respond to what you do to me. The last of one’s freedoms is to choose one’s attitude in any given circumstance.”

No one can take away my ability to choose my attitude in any given situation: however, I can choose to give away that ability. I can surrender my ability to choose how I will respond in any specific circumstance.

For some, because of environmental programming, family conditioning, cultural expectations, there may be a programmed belief that in fact, choice of how I respond is not mine to make. There are specific ways in which one is expected to respond for a variety of events.

With the advent of new awareness’s in understanding how Body, Mind and Spirit are seen as one whole working together rather than three totally independent parts of a human being. (we see this expressed especially in “[The Biology of Belief](#)” by [Bruce Lipton, PhD](#)” and the work of [Deepak Chopra](#), to name a few,) there is an awareness that our brain programs our body according to how we program our brains.

Simplistically, if we use language in our self talk that suggest we believe we have a cold about to happen, then our brain says, ”Oh he wants a cold, one cold coming up”, and lo and behold, a cold happens. Sounds stupid, however, this is the awareness that is well and truly accepted as the way things are among the wholistic, Body, Mind, Spirit scientists. The bottom line, our brains will create for us the outcomes we choose. The question comes down to which outcomes do we want, which choices are we going to make?

I can tell you that I know some people who overnight chose to see things differently and began a process in their lives which affirmed that they are now in total control of every decision they made, all choices are now objective, the choices separated from the programmed beliefs of the past.

I can also tell you that there were and still are times in my life when I don’t always realise that I am responding with an old belief pattern where I have relinquished my ability to choose and have unconsciously become a victim, not owning my choices.

I have found that by using a sounding board, someone who is independent of my decision making, a close friend whom I trust, someone whose objectivity I respect, or a professionally trained Life Coach—I have and do use all three—that I am able to get my life back in perspective, and own every choice I make: no blaming anyone else for where I am, rather an objective assessment that the choice has been mine and if it is found not to be the right choice then I am the person who can choose to make another choice.

Bonus: as this is my journey and each of the choices made are mine, then I can be happy for every decision I make, knowing it was, at the moment it was made, the best decision for me, using all the awareness’s I had at that point of time. Frustration goes, anger and annoyance go. I am totally in control of who I am and where I am going.

Now I am on the evolutionary journey of growing and evolving me, every choice I make takes me to a new level of awareness on that journey.

The only frustration that I may experience is that sometimes I am a bit thick and make incorrect choices based on the information I have before me. The brilliance is the moment I realise this, I can make a new choice to do it differently. Well, I am a work in progress!!

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