



HOW TO SCARE THE DICKENS OUT OF YOURSELF

OVERCOME THE LIMITING
BELIEFS, PATTERNS AND HABITS
THAT ARE KEEPING YOU FROM
LIVING THE LIFE YOU WANT,
NEED AND DESERVE

BILL STORM

Chapter 1

THE PAST DOESN'T HAVE TO EQUAL THE FUTURE

“The past doesn’t have to equal the future unless you choose to continue to live there.” This was my big takeaway from studying Tony Robbins’ program Personal Power back in the late 80’s.

Tony made me realize that what was stopping me from creating the kind of life I wanted for myself were the limiting beliefs, patterns and habits that had taken up residence inside my head.

I’ve always been a fan of great story tellers and Tony didn’t disappoint when he shared how he had developed a way to change people’s limiting beliefs, attitudes and behaviors by developing a technique called the Dickens Pattern, inspired by the Charles Dickens classic, *A Christmas Carol*. Do you remember the story of Ebenezer Scrooge? It’s the perfect example of how to change someone who has no desire to change.

But in one night Ebenezer's whole world was turned upside down; old Mr. Scrooge's beliefs, attitudes and behaviors were shaken to the core.

How?

Well, three neuro-associative conditioning (NAC) specialists showed up in the middle of the night, the ghosts of Christmas past, present and future.

Ebenezer's unwelcome guests came in and skillfully used some neuro-associative conditioning techniques to get him to associate massive amounts of pain to his past and present behaviors to save him from a gruesome fate.

How did they do it?

They scared the Dickens out of him!

This short form e-book wasn't written to be a novel but rather a practical step by step introduction to the power of neuro-associative conditioning and how you can use it to help you overcome the limiting beliefs, patterns and habits that are holding you back from living your best life.

To do this, you must first become conscious of what your core beliefs are, identify which of them are limiting you and then install new empowered beliefs that will allow you to finally get the outcomes in life that have been eluding you.

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Chapter 2

HOW TO CHANGE A BELIEF

To change a belief you must do the following:

1. Identify the belief you want to change.
2. Link enough pain to your current belief so you automatically move away from it.
3. Identify a new empowering belief.
4. Link massive pleasure to the new belief.

Here are two simple core beliefs to adopt right now:

1. “The past does not equal the future.”
2. “There is always a way if I’m committed.”

Now let’s put the “Dickens Pattern” to work in your life.

1. Identify the limiting beliefs you want to change; the one’s that have caused you some much pain.
2. Now close your eyes. Think about and feel the consequences - past and present - you’ve experienced because of these beliefs. Feel the emotional costs these beliefs have had on your life. What have they cost you in your relationships, your finances, your physical body,

your level of happiness and fulfillment? What do you regret most as a result of these beliefs?

3. Step five years into the future and drag these limiting beliefs with you. What is the cost?
4. Step into the future 10 years. What is the cost?
5. Step into the future 20 years. What is the cost?
6. Come back to now and recognize none of this has happened yet. You have a chance to change it. What happened was a painful gift to move you to change your entire destiny right now!
7. Change your body radically. Move as if you felt totally energized, excited and passionate (e.g., breathe, talk more rapidly).
8. Decide what your new beliefs should be and write them down, stated in the positive. Close your eyes and think about how these beliefs will transform the quality of your life. What will you gain by these new beliefs? How will you be more happy? How will you be more successful financially and in your relationships? How will your physical body be transformed when these beliefs begin to guide your daily actions? Again, engage your emotions. How is your life greater now, more fulfilling and richer emotionally, physically, financially?
9. Step into the future five years with your new beliefs. Where are you now in your life?

10. Step into the future 10 years. Where are you now?

11. Step into the future 20 years. Where are you now?

12. Look at both destinies and decide which one you're committed to living; then return to the present.

Chapter 3

HIERARCHY OF VALUES

The key to using what we have learned so far to positively affect our lives is to realize that we do not value these states equally.

For example, which of these emotional states would you do the most to avoid: frustration, anger, physical pain, humiliation, embarrassment or depression?

Not only do each of us have emotional states - or values - that we'd do almost anything to avoid, we'd also put them in an order, or a "ladder of importance."

If you know a person's values, you can predict the overall direction of their life.

What would be the differences between someone whose top value in life is freedom vs. someone whose top value is security?

What would happen if you swapped the top values in each of these people? It would literally change the priorities of their entire life.

Step 1: Determine Your Moving-Toward Values

To determine your values, ask the question: “What’s most important to me in life?” Keep asking, “What else is important to me in life?” until you have a list of your *Moving-Toward Values*.

As you brainstorm your values, be sure to focus on “Ends” Values vs. “Means” Values:

1. **“Ends” Values** are what you truly value; the ends that you are after are emotions like love, happiness, success, security or adventure.
2. **“Means” Values** are simply “vehicles” or “instruments” that help you achieve a deeper set of emotions that you desire to experience on a consistent basis. Have you ever fallen into the trap of pursuing the *means* as if they were the *end* you were after?

Some people may say that one of the things they value most in life is their car. Well, it’s true they may value their car (i.e., it’s important to them), but they value it as a means to an end, a way to get what they’re really after. The “end” a person might be seeking is a sense of convenience, a sense of freedom, or perhaps even a sense of power.

Likewise, many people say they want money. But money is merely a means to an end. They don’t want pieces of paper with pictures of “deceased Presidents” on them. They want what they think money will give them. For some people, they believe money will give them security and comfort.

For others it might give them a feeling of being in control or power.

The secret in life is to know what you're really after: the ends values.

Step 2: Determine Your Moving-Away-From Values

To determine your *Away-From Values*, ask the question: "What are the feelings or states I'd do almost anything to avoid?"

Values are being affected constantly. Once you are aware of your values, you can find conflicts so that you can make a change.

For example, can you really be successful without health? What if "success" is your number one value, but "health" isn't even on your list?

If you change your values, you change your destiny.

Just for fun I thought I'd share that my number 1 *Moving-Toward Value* is Freedom and my number 1 *Moving-Away From Value* is anything that makes me Anxious.

What are yours? If you'd like to learn more about how to overcome the limiting beliefs, patterns and habits that are holding you back from living your best life I'd love to hear from you!



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