



Why do friends and colleagues try to sabotage the positive change you make in your life?

So you have decided to make a big and important change in your life. You may not yet know exactly how you will do it, but whatever that planned change is, it took guts and commitment to make that decision.

You can be proud of what you have set out to achieve whether it is becoming a non-smoker, losing weight getting off drugs or dealing with some other negative habit. You might expect that having taken that decision, you would have the support of those around you; family, friends and work colleagues, but you may be badly surprised by their reaction.

As you begin to make those changes, perhaps as the unwanted pounds fall away or maybe as you stub out that last cigarette, you might think that those around you would be encouraging but if we dig a little deeper you will see why this may not be so and what you can do about it.

Some people, who you expected to obtain support from, may have tried and failed to make the exact same changes in their life. They may, for example, have tried to become a non-smoker and failed or tried to slim down in size but just found their weight going up and up after trying one fad diet after another.

Perhaps these people were not committed enough to making their change stick, perhaps they were too scared to change or unable to deal with deeper issues that were expressed through their negative habits. Whatever the issue is that stopped them making that change is now burned deep into the emotional non-rational part of their mind.

These people, when they see that you have changed your life apparently so easily, may feel the need to sabotage your good work.

Why?

Because it is so much easier for them to have you fail and be just like them again than it is to address their own issues around smoking or eating or using drugs. Looking deeply into their own issues would be difficult, possibly even scary; changing you back to being a smoker or drinker or overeater is so much easier. Then you can be buddies together once again!

As you make positive changes in your life, these are people to avoid. Through their weakness they would rather that you suffered all the negative consequences of poor life choices, rather than addressing their own issues. I call these people 'Sabotage Friends'.

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Keeping in mind that this person may well be your best friend what can you do to achieve your goals?

Stay away from them if you can or be on your guard if you can't whilst you make the changes.

Create a new and different routine for your life, if you used to have coffee and a cigarette at 10am for a break, choose a different time and drink and location as you adjust to that change.

Rome was not built in a day so make sure you give yourself small stepping stone goals along the way; for example losing 2lbs per week in weight or going 2 days without a cigarette.

Stay focussed on your goal and then seek to go beyond it, stretch yourself, to use a metaphor, keep running right through the tape at the finish line.

Use the power of affirmations every day to reinforce your resolve. "Day by day I am achieving my perfect weight and size.

Give yourself time. It takes about 3-4 weeks to turn a new daily routine or action into a habit. Stay vigilant to sabotage friends whilst in those first few weeks.

Remember that this is about making positive change in your life not dealing with someone else's issues. When you achieve your goals even those 'sabotage friends' may be inspired enough to follow your positive example. Finally, start today; there is no time like the present to make more of your life!