

The Pinball Effect: Making Change: A Workbook to Facilitate Change and End the Shame Blame Rage Connection



Our choices are a result of how we have learned to be. The good news is if our choices are not getting us the outcomes we want - we can change - we can learn another way of doing things. Unlike that pinball who really is at the mercy of the next big ol bumper that's waiting there to change its direction, we can take control of our lives. We can't always choose what happens to us, but we can always choose how we are going to respond. It is each choice we make that defines who we are. In this instant, in a blink of an eye, is our defining moment. Each time we react, we give away pieces of ourselves, like the little bits of the storm drain eaten away by toxic waste. How do we reclaim ourselves? How do we activate our choices? We make a choice to change the ways we have learned to be that aren't getting us the outcomes we want. Come on this exciting journey with me.

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