

Finally, A Simple Way To **BREAK FREE From Your Negative Feelings**, **BOOST Your Confidence** and **STOP Dwelling On Your Problems So You Can Feel Better About Yourself...FAST.**

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How To "Decommission" Your *Undesirable Programs*

By: **Larry Bilotta**
SelfEsteemSecrets4Women.com

Now that you know you've taken your "blindfold" off and discovered what your Invisible Lifestyle is and how it influences your life, it's time to learn how to "decommission" those programs that are causing problems for you or your loved ones today so you can **overcome your destructive values or habits once and for all.**

To speed up the process of changing the Lifestyle values you don't want, the following method will work for you...**but only when you are BOTH ready and willing** to change those values that you find to be troubling.



A great analogy for looking at your childhood years is to think of your parents as programmers. Just like computer programmers, your parents "installed" sets of instructions for a range of different topics from money to manners.

The majority of people never notice most of their original programs, which have been previously referred to as your Lifestyle or values.

These values are like software programs that might have made you so uncomfortable at the time; that you decided as a child that you didn't like them then, and you wouldn't live by them when you grew up.

It's as if you had an anti-virus software that eliminated certain programs that your parents tried to "install".

Changing values that you find to be inconvenient, troubling and even destructive is no small feat. One thing is certain; **willpower alone will never change them.**

It will take something MUCH more powerful than your will. **It will take your imagination.**



Most people TOTALLY UNDERESTIMATE the power of the human imagination. Your imagination has GREAT power over your body. It can work WITH you... **or even AGAINST you if you don't learn how to control it.**

Today's cognitive psychologists agree with the Greek philosopher Aristotle in that thought creates images. Consequently, when you think, you also see an image.

Because this is true, **you can use your imagination** to change the Lifestyle values, or original programs from your childhood that you no longer desire today.

But in addition to that, there's also ANOTHER way you can use your imagination to **improve your overall happiness in life...**

Let me ask you...

Have You Ever Wished You Could Just "Shut Off" Your Negative Feelings?

I can show you how to use your most powerful and influential asset (your imagination) to overcome your negative feelings.

(This often overlooked 'trick' will allow you to quickly eliminate your negative feelings in seconds.) To get your **FREE**, 7-day e-mail mini course, [click here](#).

Note: The technique that follows will not work for everyone, but it has proven to be successful for those who would consider themselves to be creative. This technique is quite unconventional, so it is important to go into it with an open mind.

Now, back to your Invisible Lifestyle...

To make this software analogy more memorable, let's put names to these "original programs" you received from your parents, as if they were actual software products.

For example, software programs your parents could have installed to help you have a better family life when you grew up might be called *"Always Be Faithful"*,

and "Take Responsibility For What You Do".

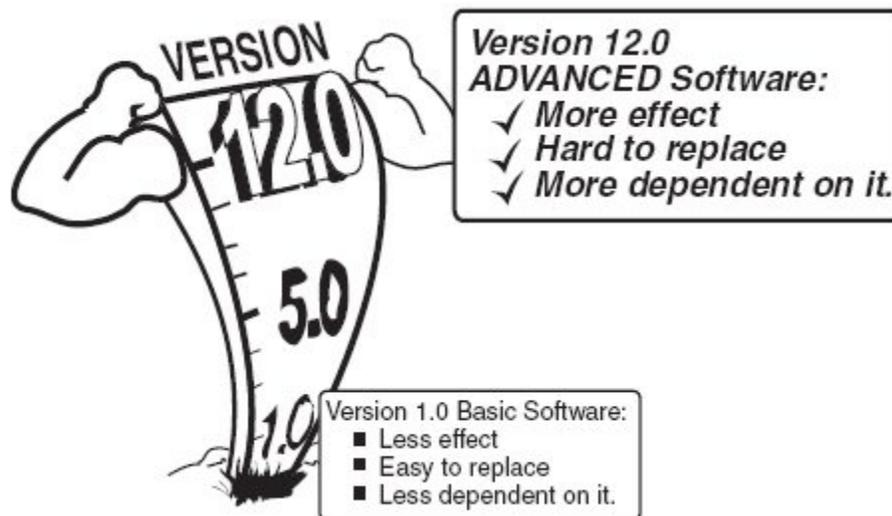
On the other hand, your parents might have installed bad software like "Me First" or the very destructive "What's Wrong with You?!"

In addition to product names, software has version numbers. These version numbers help consumers understand which version of the program they are using.

To help you understand the influence of higher version numbers, we'll refer to the following definitions....

 **Version 1.0 Basic Software:** It has LESS effect on you, it's easy to find a replacement and you are less dependent upon it.

 **Version 12.0 Advanced Software:** It has MORE effect on you, you've become dependent upon it and it is difficult to replace.



How to Decommission Your Undesirable Programs...

Let's say you realized you had a program that caused you to always exhibit embarrassing table manners.

Putting a 1.0 version number after the software name would mean that this bad program would be easy to decommission with a new and more desirable software program.

So here's what you need to do, step-by-step if you want to decommission your undesirable programs...

Step 1: Assign a version number to each of your destructive values

according to how little or *how great* it is influencing your life.

You might decide to name this old software program "*Eat Any Way You Want 3.0*".

With a low number like 3.0, you're telling your brain that it will be EASY for you to overcome this issue with a new program. You'll be able "re-program" yourself by using a MUCH stronger software program like "*Good Manners Brings Respect 12.0*".

By creating the image in your imagination of a top-of-the-line program, you've consciously exposed your nervous system and brain to a stronger influence on the subject of table manners.

This more influential program will eventually subdue the old program that was running in the background and making you exhibit bad table manners in your life **without you even realizing it was happening.**

Step 2: The next step is to give your new software program a positive name. Repeat that name when you're in a situation where your old destructive value causes you trouble.

For example, let's say you had an old software program that caused you to make bad financial decisions such as "*Spending Money Makes Me Happy 2.0*".

You would then replace this software by creating a new and more desirable software program such as "*I'm Smart With Money 12.0*".

Another example...

You could replace "*I've Got A Bad Memory 3.0*" with "*I Can Remember Anything 12.0*".

The word choices you make for your old and new software names are CRITICAL.

For the old name, your word choices must make you feel what you were **actually feeling** from those dark and negative original programs.

Experiment with different ideas and ways of expressing it. You will know you've got the most appropriate old software title when it "hits an old familiar nerve".

Your new software title is based on what you now really and truly believe. **You want a title that makes you feel very good every time you read it.**

Try different ways of saying it. The phrase must be what you actually believe today and truly want in your life. Make the phrase short, but true to who you want to be.

It's these NEW software names with HIGH version numbers that take the sting out of the old software and begin giving you permission to run on new, healthier software.

If you had an old program that caused you to eat when you were upset, forgive yourself, lighten up and say something like "Shutting Down "I Eat Away My Stress 5.0"...now rebooting "I Eat When I'm Hungry 12.0".

Just keep in mind that your old software took ten years to fully install during a time when your brain was ready for programming.

Don't give up on this process. The act of comparing the old software name with the new will bring you relief from your destructive values or habits that are causing you problems today.

You Will Not Get Rid of Your Bad Programs Until You Make This Technique a Regular Part of Your Daily Thoughts.

So you must make the effect of "reprogramming your original software" **even stronger ...**

Here's How To Practice The Technique for Installing Your NEW Software...



Step 3: Each time you review the artwork containing your old and new software, completely read the old title and version number and then completely read the NEW title and version number back and forth **three times**.

Then begin quickly scanning the old, then new in quick succession. Each glance takes far less than a second. This scanning happens quickly because the brain does not need to literally read the phrases once the first three readings are completed.

This should only take about five seconds. People who do have practiced this technique on a daily basis have reported that they can "feel something happening".

They describe a "feeling" as if old instructions are losing their grip and the new instructions are moving in to create new behavior.

This sensation is a kind of immediate reward that will make you want to continue with the repetitions. But of course, to do this, your software illustrations must

always be at hand and available.

If they're out of sight...they'll be out of your mind.

Why This Technique REALLY Works...

The reason this technique is so powerful is because your nervous system is "seeing" the stark contrast in old vs. new programs along with your interest in the new and more positive program.

After about three months of reviewing your software programs five times a day, your old program and the "old neuron wires" (that were built to repeat the old behavior) will be dismantled and a new set of neuron wiring will take their place.

This software analogy explains how your parents installed some very good software along with some bad software that causes trouble for you today.

Putting a very high version number on your newly created software programs gives you the chance to overcome persistent problems.

This analogy also makes it easier to see how the software from your childhood is strongly present **throughout your entire belief system as an adult.**

It's important to realize that the Invisible Lifestyle is NOT about changing who you are. It's about taking certain values you no longer desire in adult life and making them fit your own value system so you can be who you really are at heart.

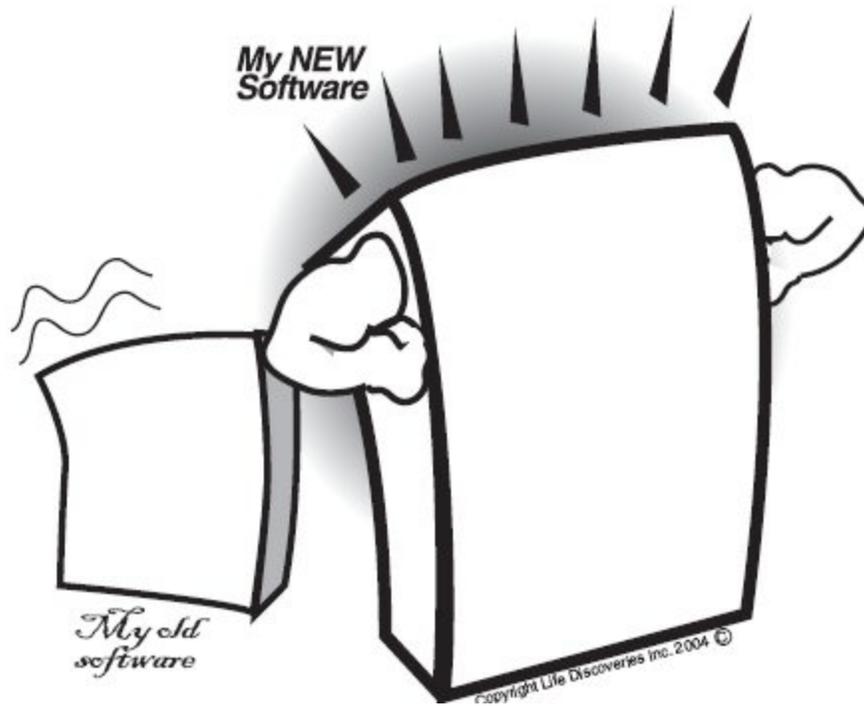
There is no need to become somebody else.

Just be yourself and change those values that no longer benefit you today.

Your Invisible Lifestyle proves that you were literally programmed with the habits and beliefs that you follow today (or refuse to follow). Once you understand this, your undesirable programs that you "adopted" from your parents no longer need be a part of your future.

Cut out the illustration below and write your old and new software programs on each of the "software boxes". Carry them in your purse or wallet so you can refer to them at least 5 times a day.

Remember, the more you talk about these old values and keep them fresh in your mind, the weaker they become...and **the quicker you'll be able to overcome them.**



A Personal Note From Larry Bilotta



Hi, I'm Larry Bilotta. I hope you've enjoyed my special report on how to decommission your undesirable programs.

By now you've learned that your Invisible Lifestyle is the source of your values and beliefs that you live by today.

But did you know that your Invisible Lifestyle is also **responsible for 99.5% of your RELATIONSHIP STRESS** with the people around you?

If you'd like to find out how to SIGNIFICANTLY REDUCE the stress between you and the most difficult people in your life, you can find out how in the book [Softhearted Woman Hard World](#).

In Softhearted Woman Hard world, I'll not only show you how to improve your confidence and self-esteem, but you'll learn, step-by-step, how to transform all the relationships in your life into positive and rewarding experiences... **rather than just another source of never-ending stress.**

After reading this book, most people tell me that they find it as a sense of relief because they can finally make sense of the emotional pressure and guilt in their everyday lives.

If you'd like to do the same, I strongly recommend you AT LEAST check out the information at <http://www.selfesteemsecrets4women.com> so you can avoid the

painful learning curve that I had to endure and get the life-changing methods that took me 27 LONG years to discover on my own.

To a LESS stressful and MORE fulfilling life,

Larry Bilotta



Additional Related Resources:

➔ Break Free From Your Negative Feelings Today

Get your **FREE, 7 Day email mini-course** on how to overcome your negative feelings quickly and easily.

➔ Marriage-Success-Secrets.com

Get **advice on marriage** using the same insight I used to **transform** my own 27 year miserable marriage into something rich, fulfilling and lasting.

➔ Stop Your Divorce in 4 Weeks

Get personalized, one-on-one support to save your marriage **with or without your spouse**...from the safety of your own home.

➔ Are You Already On The Secret Path To Divorce?

Wondering if there's still hope for your marriage? Find out now if you're already on the "Secret Path" to a Divorce. Learn how to stay off of it forever and get back on track with the one you love! [Click here to get your FREE, 10-page Special Report.](#)