



AnxietyLab.org

3-4-5 Program Course

Power #2: Motivation

Motivation is a vital force. Without the motivation to make something happen, it won't happen. Closely aligned with intention, these twin powers are how people build, create, learn and achieve everything we do.

Motivation is how to harness the all-consuming power of human *desire*. The ancients called desire “passion” and it is passion that fuels people's greatest achievements.

Changing the self (and how we think and behave) is incredibly difficult. We are all aware of the zillions of failed diets, failed attempts to quit smoking and drinking, etc. Sometimes those are chemical addictions that the brain has trouble giving up, making it almost impossible to stop them with just will-power. *But not totally impossible.*

With enough targeted motivation, we can change ourselves.

Combined with the other powers and methods, we can change our brains.

Neuroplasticity is a physical fact – we can change thinking habits and the behaviors that result. We can overcome addictions – even chemical ones. Bad thinking is a kind of chemical addiction – the chemicals are just brain chemicals instead of drugs we take.

- **With enough motivation, behaviors can change.**
- **Addictions can be overcome with enough desire and well targeted action.**

Motivation exercise #1 – Desire

In your journal start making a list of the most important things you intend to do once you've overcome your anxiety problem. Decide on the single most important thing you want, then figure out the underlying motivation for it.

Example: “I want to be 15 pounds lighter.”

Explore the feelings and beliefs around this goal. WHY do I want to be 15 pounds lighter? What is the underlying motivation for this goal?

Q: *Why* do I want to be 15 pounds lighter?

A: To be more attractive to others and to be more respected.

The underlying motivation is to be more attractive and more respected.

Whatever the motivation is, that is the vital force that will fuel your actions and intentions. You may or may not be able to achieve the goal of losing that 15 pounds, but without motivation and intention, it is guaranteed that it will not ever happen.

This is what needs to be harnessed:
real motivation based on your desires.

Motivation exercise #2: Identity

Use your sense of identity to fortify your motivations. Dig deep into your most meaningful sense of yourself to discover what you *really* want out of life (your motivation).

Step #1 Use pictures and other images of yourself at your best.

Step #2 Make a list of the best things you've ever accomplished. (Even just going to school or work on a regular basis is an accomplishment. Surviving a harsh childhood is an accomplishment.)

Step #3 Concentrate on how the best version of you would do things.

Then ask yourself these questions to activate your internal sense of personal motivation:

If I were the best person I could be, what would I do about _____?

When I'm at my best, I'm good at _____. I'll use that to also achieve the change I'm working on.

If I could do _____, then I can do this.

What do I stand for?

_____.

Is this the person I want to be?

_____.

I am the kind of person who would (wouldn't)

_____.

_____.