

Step By Step Guide

To Help Get To

Your Better Self

(Just my 2cents)

The SM Experience

Step By Step Guide To Help Get To Your Better Self

If you come to a point in your life where people start acting "weird" around you and you're starting to think maybe it's just you that's being weird? You're not, it probably is them.

1. When adversary comes toward you to get you out of character or to get you to react in a not so favorable way. React by not reacting and allow the stupidity to subside. If you happen to slip up and feed the phantom, it's ok, you probably had a valid reason. Just bring your focus back and allow the nonsense to settle. Use this time to reflect on how you could have handled that particular situation better. Put your reflections into practice. It's best to practice before the adversary regains strength because they'll be back. Maybe not the same person but the test doesn't go away until the lesson is learned and even then, it still presents itself in many ways. (This is good). By the end of this book, you'll be seeing the performance of the adversary in a new perspective.

By the time the adversary returns you'll be well integrated with your new self-worth. Now the adversaries repeated offense should hit differently and not feel as overwhelming. (Never underestimate the adversary. They have been reflecting too).

2. Repeat (1) for however long or many times it takes until you've outgrown the situation and or the environment. By this time, you should discern whether you're in your milk and honey phase. If not, move on.

For we wrestle not against flesh and blood,
but against powers, against the rulers of
the darkness of this world,
against spiritual wickedness in high places.
Ephesians 6:12

This book was inspired by experience.