

STRESS

The type of stress we are referring to is not the general stresses we may experience or come across each day. For example, “my car wouldn't start and therefore I was late for work”. We are talking about the kind of stress that becomes a major concern within your life ... and you can even feel you cannot move past it, for example, “I have lost my job, relationship or loved one”.

Through not being able to accept the reality that life has presented you with, this then can create a permanent belief that you are not able to handle this situation or any others that may result in stress.

The core belief is "My life, or someone else's life, is not going to plan"

The lines of thought that we find when dealing with clients suffering from major stress are:

1. My life is not happening the way I want it to.
2. I did not plan for that event or situation to happen. Therefore it was an interference.
3. It is because of someone else that I am not coping.
4. Because I am not good enough my life holds no value.