

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

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Not Believing Yourself

Denying Self-Creation

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Bruce Di Marsico

Not believing yourself

Fear is--you don't believe yourself. That's what all unhappiness is--you don't believe yourself. What have we shown that people would be afraid of if they weren't unhappy? It would mean that they don't love what they love, or that they don't want what they want, because if I'm not unhappy not having it, how do I know I want it? If I'm not unhappy about having lost it, how do I know I loved it?

You don't believe yourself.

There are people who, if they came face-to-face with God, and knew for a fact that it was God, would say, "It can't be. I can't believe myself."

Denying Self-Creation

What's the advantage, the benefit, the payoff for people denying that they create themselves? It's only so that they can blame others for what they consider bad about themselves—so the only problem is that they've *already* considered something bad about themselves, that there is something wrong with them, something evil, and now they can blame others.

But you wouldn't be interested in claiming that you don't create yourself if everything you did was good and wonderful.

Everyone who has been a parent knows that people don't believe the way you want them to believe, and people don't feel the way you want them to feel--they know it from their own child. If you could make your child feel the way you want them to feel, would they ever feel any way you didn't like? Yet we turn to a peer and say "they've made me feel this way" or "I've made them feel that way", and take the blame or the credit for how other people feel.

Can someone be grounded in reality if they believe that people make people feel things?