

# The Weekly Skillet

Serving Up New Choices For Your Life!

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## The Main Course



Richard Jorgensen, CEO

## Goodbye Control; Hello Personal Power!

The “World of Control” is a perspective to which we adapt in order to survive emotionally. The obsession to control is not the nature of human beings. We come into this life experience from the perspective of Personal Power.

Personal Power is the antidote for the cycle of control. Personal Power is all about equality and love. **Personal Power is a way of life in which we constantly resolve hurt, guilt, blame, shame, and anger.**

This occurs by doing two things:

- Changing our distorted perceptions
- Replacing immature attitudes and behaviors with emotional maturity.

The emotional perception of control-over/control-under is an illusion carried over from childhood. In the World of Personal Power, all persons are emotional equals.

When we perceive and treat people with attention, respect and appreciation, we create independence and equality.

Each person is responsible for maintaining their own belief in “being equal to” others. Most of our problems are created by our distorted perception of control-over/control-under.

Our self-judgment and judgment of others creates the “big circle” and “little circle” perception. This causes us to have severe authority problems. We either see ourselves as an authority over someone else, or we see others as having authority over us.

All the Emotional Triggers of the “World of Control” can be converted to the perspective of Personal Power.

- We can convert “Have To” to “Choose To”
- We can convert “Uncertain” to “Courage”
- We can convert “Anger” to “Love”
- We can convert “Expectations” to “Faith”

When we do this conversion, we get to make **decisions** about our lives instead of managing and coping with life.

We get to **let go** of things that are not right for us, instead of feeling responsible for everyone and everything.

We get to **accept** life as it is, instead of rejecting people and events that we just can't manage.

We have **faith** in ourselves and have no need to expect things from other people.

Now the natural state of Personal Power begins to replace the distortions of Control.

The perspective of Personal Power enables us to discover or re-discover who and what we are. We stop living from Fear, Control, Hurt, Guilt, Shame, Blame, Anger, and Apathy. We start living life instead of just coping and managing life.

All of this may sound “too good to be true.” In fact, it may sound totally unrealistic. These feelings are only a measure of the toll the World of Control has taken on us.

The World of Personal Power is natural to us. It is the world in which we were intended to live, love, work and play.

The challenge for all of us is to let go of attitudes, perspectives, prejudices and behaviors that keep us caught in Fear, Control, Hurt, Guilt, Shame, Blame, Anger, and Apathy.

To do this, we must begin the process of growing up.

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