

A
TRANSFORMATION



TOWARD
POSITIVE
CHANGE

Discovering and actualizing the best in you

By Raymond S, Shocki, Jr. PhD, LCSW, LMFT

INTRODUCTION

To be persuasive we must be believable; to be believable we must be credible; to be credible we must be truthful." - Edward R. Murrow

People throughout life struggle to be themselves. There is constant pressure to be someone other than who they truly are. The pressure come from the outside, be it from other people, institutions and society. The pressure also comes from within be it from internalized ways of thinking and behaving from their upbringing.

A Transformation Toward Positive Change is written to give the reader a 52 week guide in the form of quotes and readings that will assist in moving toward being more authentic.

"Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it." — William James

This quote is what this book is about. The following quotes will hopefully help get you there.

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WEEK SIX

“If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.” - **Jim Rohn**

It appears that no matter how much people may be dissatisfied with the way things are in their life, there are outside forces that reinforce the same old behavior. This includes people with whom they interact with regularly. There is always a propensity for others to either implicitly or explicitly attempt to persuade others to think and/or behave in ways they would like. This becomes easier when you free float through life with no clear idea what is best for you.

This week, attempt to be vigilante as to what your “gut” is telling you in spite of pressure from others to make choices that are not in your best interest. Being open to new ideas from others does not mean you have to blindly follow them.

Remember the words of e.e. cummings- “To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting.”

Week's Goal: _____

Daily Progress: _____

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WEEK THIRTY-ONE

"Courage is not the absence of fear but rather the judgment that something is more important than fear." – Amberose Redmoon

Fear, for many can be paralyzing. It can very easily become a barrier in taking the necessary steps, even small ones, toward positive change. One way to push through that crippling fear is to focus on something greater that provides purpose and meaning beyond oneself.

Fear can also be a great motivator. Fear of losing something of great personal value can be a driving force to make what is deemed a necessary change. It would be great if it did not reach that point but whatever works.

This week begin to become aware of something that you have been avoiding because it makes you feel a bit uncomfortable. It needs to be important enough to be able to push you through the fear. It needs to potentially make an impact for the better in your life. It need not be earth shattering but result in you feeling good about yourself if accomplished.

Week's Goal: _____

Daily Progress: _____

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WEEK THIRTY- EIGHT

"What and how much had I lost by trying to do only what was expected of me instead of what I myself had wished to do?" - Ralph Ellison

A lot of time is wasted on focusing on what others in life expect you to be as opposed to what you think you should be. The goal in life is to truly find and be yourself. However, various forms of the media, family, friends, community, civic and religious leaders, all attempt to influence your behavior. The list goes on. It doesn't end with outside pressures. There are also those messages inside your head from the past and unforeseeable future that swirl around telling you what you should be.

This week begin to develop a healthy questioning about what you hear. You need to begin to wade through what is truth and what is a mixture of half-truths and distortions of reality that you hear every day. You can do this by being vigilant and trusting more in your gut. Trusting in your gut more often does not mean that you will always be right. However, those few times you are wrong, you can treat as a learning experience and make the proper adjustments. It's a lot more reliable than trusting the unquestioning expectations of others.

Week's Goal: _____

Daily Progress: _____

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WEEK FORTY-ONE

*"You should never be surprised when someone treats you with respect, you should expect it."
- Sarah Dessen*

By “respect” we mean having a feeling that someone is of value and importance and should be treated accordingly. By respect we mean not only respect from others but also self-respect. Often one’s public persona is to put oneself down. Even if a compliment is made, there is a tendency to minimize the positive of what is said.

This week, begin to become aware that you are a person of value. This does not mean to be narcissistic and ego centered. It means validating ourselves, even if no one else does. It means presenting one’s self to the world as a person of value, deserving to be treated as such. Positive self-respect conveys the message of expecting respect from others while in turn showing respect for those you come in contact with.

Week’s Goal: _____

Daily Progress: _____



WEEK FORTY –TWO

“The well-bred contradict other people. The wise contradict themselves.” – Oscar Wilde

This is especially difficult when people are quick to form opinions about words and behavior exhibited by others that are contrary to their own. This is especially true when it comes to opinions on government, political parties, religion and various prominent people that come in their lives. It is so easy to pontificate about what each as individual thinks is right. To be quiet and listen, to attempt to discern fact from opinion, to question long held beliefs that no longer work, to be open to alternatives, takes effort. That means challenging themselves before they think of challenging others. In doing so, people may learn more than they ever would by contradicting others.

This week, focus on being open to other ideas that may be contrary to your own. This also includes resisting the temptation to pre-judge others while challenging yourself.

Week’s Goal: _____

Daily Progress: _____

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WEEK FORTY-FIVE

“You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out.” - Steve Jobs

People are full of good intentions, plans and resolutions that are sincerely talked about but rarely consistently followed through over the long haul. Life gets in the way with its everyday pressures and demands. The situation or occurrence that first brought about the vow to change may have dissipated and with it the burning motivation to change.

This week think about one area in your life that you would like to address, be it within yourself or out in the world around you. Then examine whether or not you sincerely want to address this area. If you don't, go onto something else. If you do, then sit down and develop a plan, step by step, that can get you to the point of being passionate about the possible results. Remember, to proceed in small increments that will propel you forward as you move toward your goals.

Week's Goal: _____

Daily Progress: _____

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WEEK FORTY-SIX

"You can preach a better sermon with your life than with your lips." — Oliver Goldsmith

Far too many people “talk the talk” but not nearly enough of people “walk the walk”. Putting words into action is much more difficult than talking about it. Action requires commitment to behavioral change. There are many more reasons not to follow through on doing something than there are reasons to follow through and do it.

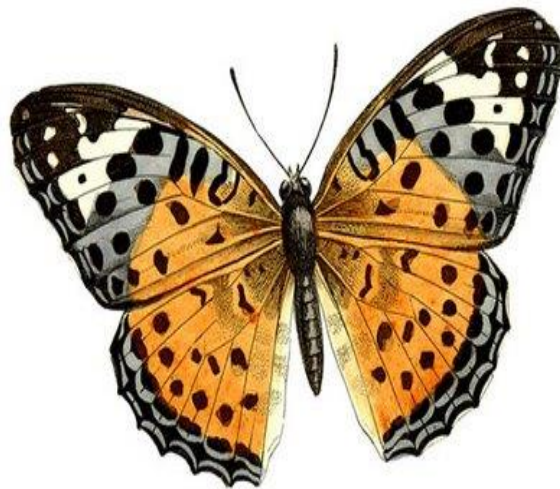
This week, pick a small goal, and commit to follow through no matter what the rationalization you present to yourself not to follow through on your goal. That success, if repeated enough, will act as a building block to attempt other action plans.

Week’s Goal: _____

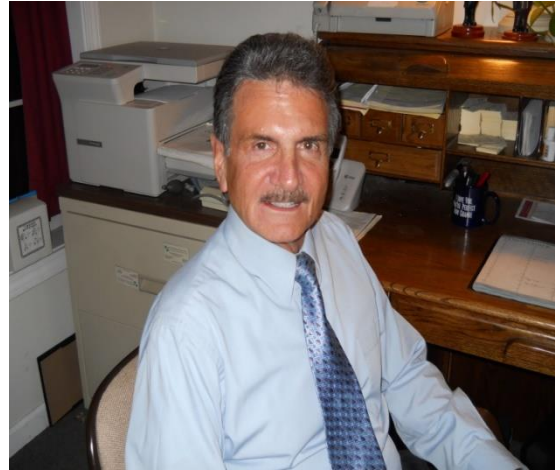
Daily Progress: _____

"If you feel safe in the area you are working in, you're not working in the right area. Always go a little further into the water than you feel you're capable of being in. Go a little bit out of your depth and when you don't feel your feet are quite touching the bottom, you're just about at the right place to do something exciting."

- *David Bowie*
1947-2016



A Transformation Toward Positive Change



Raymond Shocki, PhD, LMFT, LCSW is the founding director of the Life Source Center, a not for profit corporation, dealing with a wide spectrum of human behavior. Doctor Shocki brings over thirty years professional experience in the field of behavioral health.

In his book, Dr. Shocki takes the reader through weekly inspirational quotes by famous individuals from all walks of life. He then helps the reader understand the relevancy of each quote in their everyday lives, moving them beyond merely existing from day to day to a higher level of functioning.

This book is meant as a guide for individuals of all ages, from all walks of life, who struggle to discover who they truly are and once discovered, how to be their best throughout life. As a result, their relationships will improve as they maneuver through the maze of ambiguities in life. Each week brings to light personal stumbling blocks, recognizing fruitless coping mechanisms and offers alternate strategies to effectively deal with life and its stressors.

“A Transformation Toward Positive Change” aims to help readers discover and actualize the best in themselves. It was written by a behavioral health psychologist who continues to help readers to understand themselves more fully and thereby bring out their best.