



HOW TO CHANGE YOUR PAST

JULY

HOW TO CHANGE
YOUR PAST

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Major Lessons We Will Read, Learn, and Discuss This Month

1. What Is Your Past?
2. There's No Old Pain
3. How Do You Use Your Past?
4. Current Optional Thoughts from Your Past
5. The Argument
6. The Past Is a C
7. Ideas to Consider When Changing Your Past

What Is Your Past?

Your past no longer exists except in your mind.

All you have is now.

The past is over, and the future is in your imagination.

All you have in this moment are the thoughts you are thinking.

If you're thinking about your past, that isn't your past.

YOUR PAST IS OVER
AND DOESN'T
AFFECT YOU, AND
THEN THERE ARE
YOUR CURRENT
THOUGHTS ABOUT
YOUR PAST, WHICH
DO AFFECT YOU.

This is a huge distinction. Your past is over.

The only way your past exists at all is in your thoughts about it now.

Otherwise, it doesn't affect you in any way.

Your thought right now about your past does affect you.

All of your thinking affects you deeply in this moment, but what happened to you in your past does not.

Your past is over and doesn't affect you, and then there are your current thoughts about your past, which do affect you.

Your past no longer exists except in your mind.

That is a huge concept.

When I ask you about your past now, what is it?

It's your *story* about your past.

If you had amnesia and you had no memory of your past, it would have no influence on you in terms of your current thinking. If I asked you what happened to you when you were a child, you would tell me your story, your version of your past.

I could ask your mother or your father, if they're alive, and they would have a different version. Your past exists in their mind in their way, and your past exists in your mind in your way.

And then there's what you made it mean about yourself, what you made it mean about your life, what you made it mean about other people, and what you made it mean about the world.

I'm just going to keep repeating that your past is over.

There's No Old Pain

Students will say to me, "I have really old wounds. I have really old pain. I have really old thoughts." There's no such thing.

You have a feeling that you experience in this moment. It's not an old feeling. It's not a feeling from when you were three and you're experiencing it again now.

There's the feeling you had when you were three, and that's over. Then there's the feeling you have now. The only way you can have a feeling now is if you think about something that causes you to have the feeling.

YOU CANNOT
EXPERIENCE PAIN
FROM YOUR PAST.
WHAT HAPPENED
TO YOU IN YOUR
PAST IS OVER. THE
ONLY PAIN YOU'RE
EXPERIENCING IS
THE PAIN YOU ARE
CREATING NOW.

You're not experiencing pain from your past.

You're experiencing present pain, the pain you are creating with your mind today.

It may be similar to the pain you felt when you were three years old, but it is not the same pain. It is new pain, pain in this moment, pain that you are creating with your current thinking.

That's a life changing thing to know. You cannot experience pain from your past. What happened to you in your past is over. The only pain you're experiencing is the pain you are creating now.

You might say...

"I went through this horrific thing. How can you possibly say that it isn't affecting me now?"

I say it's good news. That person who did that to you then (even if that person is YOURSELF) cannot affect you now. The only way they can affect you now is if you think about them, if you think a thought that creates pain, if you create a situation where you're currently a victim. If you feel shame now, it's not because of what happened to you in your past. It's because of what you're currently thinking about what happened to you in your past.

Why is this great news? Because they have no more power over you. I have worked with hundreds of students who have experienced extreme abuse when they were children, and they are continually abusing themselves now. The physical abuse is long over, but they are perpetuating the emotional abuse with their own mind, and they don't even realize they're doing it. They're giving power to this person who abused them, and many times, that person has already passed on, and yet that person is continually torturing them in their minds over and over and over again. This is not blaming the victim, but rather, explaining why they are still in pain today.

People ask, "How can you possibly say that this person is causing their own pain?" Because it's absolutely true.

Something that happened to you in your past is over. The only pain that continues is the pain you are creating in your mind when you think about it. The great news is that you can change how you think about your past, and you can change how you feel because of changing how you think. The only way your past defines you now is in the way you choose to think about it.

How Do You Use Your Past?

Look at your past. How do you want to use it?

It's yours. No one can change it or touch it but you.

You get to decide what you're going to make your past mean in your life.

You decide whether you're going to be the hero of that story or the victim.

You don't need to go into your past to heal it.

(There are exceptions. If you've had physical trauma, post-traumatic stress disorder, or anything related, those are out of the realm of what I'm talking about. There is so much good that can be done by therapies that take you back and let you experience that level of healing.)

Most people who come to me are chained to a painful story about their past and what it means about their life. That is completely optional. You can change this story.

You could want to believe that your past has made you strong, it has made you capable, and it has made you worthy. Go mining for that evidence. You will find it, and then retell the story in a way that ultimately serves you, that gives you thoughts that build feelings of positivity and strength and wonder and energize you.

You don't have to take any of it into your brain if you don't want to. If you find that you're thinking about it, ask yourself why. That is definitely worth coaching yourself about. You get to decide what you bring into your future, and here's the best news—you get to leave behind anything you don't want to bring with you. It's over. It has no power over you. You can release it forever and move on. If you notice that anything from your past is causing you pain, it's because of the story that you're telling about it, and you get to change this story.

You may not be able to change what happened to you, but you get to change what it means to you now. There is no work that has had a bigger influence on me than changing the story of my past, changing what it means, and how I want to focus on it moving forward. I highly encourage you to do this practice.

Sum up your past in one sentence. How do you want to define it?

Kevin's Sentence: It made me the strong man that I am today.

Now you try. What do you want to believe? Without changing anything, how will you define it?

MY PAST:

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Current Optional Thoughts From Your Past

There are many thoughts you have now that come from thoughts you were taught in your past.

These are not thoughts you have consciously decided to think, but thoughts programmed into you at a very young age. You are so used to thinking these thoughts that you don't even realize they're there.

Some of them serve you and don't need to be changed:

- I'm a human.
- It's good to be kind.
- Look both ways before crossing the street.
- Brush your teeth and shower.
- Save money.

But some of them don't serve you, and you don't realize you have them:

- I am limited in the amount of money I can make.
- Losing weight is almost impossible.
- Drinking is more fun than not drinking.
- People should always be respectful to me.
- I could never be that rich.
- I'm not good at that.
- I can't do that.

I want you to think about the thoughts you have adopted from your past without realizing it. It might be something your parents taught you, something you learned in school, or a belief you developed because of something you did repeatedly. (I can't ever lose weight. I'm not a good writer.)

Make a list here:

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When you look at this list, it's important to know that even though these thoughts feel true, they are completely optional.

Your past doesn't equal your future.

YOUR PAST
SUCCESSSES AND
FAILURES DON'T
PREDICT YOUR
FUTURE SUCCESS
AND FAILURES
UNLESS YOU
BELIEVE THEY DO.

Your past successes and failures don't predict your future success and failures unless you believe they do.

What you were taught when you were young feels true, but that's only because it's familiar, not because it is true.

For example, you should question everything, including:

I'm not good at math.

Is this something you want to believe? Or do you want to change this programmed belief? Question all of them.

The Argument

We spend a lot of time arguing with our past without realizing it.

We believe it should have been different.

This causes a tremendous amount of anxiety.

THE PAST SHOULD
HAVE BEEN
EXACTLY AS THE
PAST WAS.

- He shouldn't have done that.
- They should have been different.
- My childhood should have been better.
- I shouldn't have said or created that.
- I should have been different.

These are always lies.

The past should have been exactly as the past was.

The Past Is a C

When you state the past in a factual way, you realize that it literally can't be different than it was.

Every argument with your past pretends it can win, but it never can.

The past should be what the past was.

Now what? What will you make it mean now?

Ideas to Consider When Changing Your Past

Think about the person who you believe hurt you in the past. Now, retell the entire story from their perspective. What might have they been thinking when they did that? What was their model? How old were they? What were the struggles and frustrations they might have been trying to accommodate?

When it comes to abuse—sexual or physical—I find it helpful to understand the pain someone has to be experiencing in order to abuse another. This doesn't justify it, but it helps us understand humanness.

Don't rely on your past for your identity. Rely on your future. Take the knowledge you need from your past and leave the rest.

Write a letter to your past self. Give him/her some advice. What would you say?

Tell the story of your past in two different ways—one where you had a horrible childhood and an awful upbringing, and one where you had the perfect childhood.

Notice your “something went wrong” stories and rewrite them.

Notice your “I should have had” stories and rewrite them.

Find any place in your life where you have regret and retell the story where you don't have that feeling—that feeling is not useful now. You can change your future without feeling regret about your past.

Break down stories to facts only. “I said something. He did something. Then I cried.” Notice how you fill in the details and how painful they might be for no good reason.

Retell the story of your life where you are the hero and not the victim.

Weekly Assignment

We're going to work on our pasts one day at a time. I'm asking you to do work on yesterday so you can see what a powerful daily practice this can be. Then we are going to tackle one event from further in our past each week.

You might need to repeat an event that has been significantly painful for you. Repeat it as often as needed until you start knowing your new story and releasing the old one.

For example:

Choose one significant thing you want to change from your past and write it here.

My mother was never around when I was a kid.

2. What is the current story you have been telling about this event?

My mother was a terrible parent and created my distrust and insecurities with women. She should never have done that. She neglected me and abandoned me and put me in positions that I felt scared and helpless.

3. What are the FACTS of this event?

My mom worked at least two jobs during my childhood.

4. What is the story you WANT to tell yourself about what this event means?

My mom loved me. She didn't want me or my brother to grow up without any food or shelter because she thought that reflected on her as a parent and it caused her pain. She didn't want me to suffer from being hungry. I can understand why she did this. She did not intend to hurt me. She was, in fact, trying to help me and herself. She was doing her best even though it wasn't helpful.

This has taught me to accept myself fiercely. I love my self no matter what. I accept myself no matter what. It's helped me be more understanding. My mother didn't cause my insecurities.

5. What can you keep from this event that is powerful and strengthening? What can you let go of?

I can keep knowledge, understanding, empathy, and forgiveness. I can let go of resentment, bitterness, and anger.

Week 1

1. Choose one significant thing you want to change from your past and write it here.

2. What is the current story you have been telling about this event?

3. What are the FACTS of this event?

4. What is the story you WANT to tell yourself about what this event means?

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5. What can you keep from this event that is powerful and strengthening? What can you let go of?

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Day 1

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Day 2

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 3

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 4

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Day 5

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Day 6

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Day 7

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Week 2

1. Choose one significant thing you want to change from your past and write it here.

2. What is the current story you have been telling about this event?

3. What are the FACTS of this event?

4. What is the story you WANT to tell yourself about what this event means?

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5. What can you keep from this event that is powerful and strengthening? What can you let go of?

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Day 8

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 9

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 10

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 11

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 12

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 13

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 14

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Week 3

1. Choose one significant thing you want to change from your past and write it here.

2. What is the current story you have been telling about this event?

3. What are the FACTS of this event?

4. What is the story you WANT to tell yourself about what this event means?

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5. What can you keep from this event that is powerful and strengthening? What can you let go of?

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Day 15

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 16

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Day 17

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 18

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 19

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 20

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Day 21

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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Week 4

1. Choose one significant thing you want to change from your past and write it here.

2. What is the current story you have been telling about this event?

3. What are the FACTS of this event?

4. What is the story you WANT to tell yourself about what this event means?

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5. What can you keep from this event that is powerful and strengthening? What can you let go of?

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Day 22

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
Thought Pattern

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Intentional
Thought Pattern

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Day 23

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
Thought Pattern

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Intentional
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Day 24

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
Thought Pattern

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Intentional
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Day 25

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
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Intentional
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Day 26

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
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Intentional
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Day 27

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
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Intentional
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Day 28

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
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Intentional
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Week 5

1. Choose one significant thing you want to change from your past and write it here.

2. What is the current story you have been telling about this event?

3. What are the FACTS of this event?

4. What is the story you WANT to tell yourself about what this event means?

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5. What can you keep from this event that is powerful and strengthening? What can you let go of?

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Day 29

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

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Intentional
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Day 30

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
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Intentional
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Day 31

1. What was great about yesterday?

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2. What wasn't great about yesterday, and how can you change it in your mind to make it great? How can you tell the story so it truly was good?

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3. Create the two contrasting models and compare them. (Take the thought that makes it not great and run a model. Then take an alternative thought and run a new model.)

Unintentional
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Intentional
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KEVIN AILLAUD

LIFE COACH & CONSULTANT

RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH