



Pause With Purpose

...to refresh

...to grow

Published monthly by
Free to Be
Life Coaching
and
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Relationship and Life
Coach
Volume 8 - Aug 2006

Life Viruses

It happened one afternoon. I was researching on the internet, when suddenly a notice flashed across my screen that a download was infected with a virus. Before it could be contained, it froze my computer's operating system. Nothing worked anymore. There it was ... that powerful machine capable of doing such marvelous things, rendered weak and ineffective by the introduction of something harmful and destructive.

Thankfully, other software was able to capture and remove the virus, and I was able to restore its settings and function. But the incident was a reminder of the dangers of the internet world. It is a world of fascination, and of potential harm. It offers gifts that enrich, and viruses that impede. The virus that infected my computer didn't kill it, but it did impair it. It robbed it of its power and disrupted its ability to do what it was designed to do.

How similar to life! We have been designed and created by the Almighty for wonderful things. Yet, by both intrusion and invitation, "viruses" enter our life which rob us of our strength, assault our ability to function, and limit our experience of joy. They don't kill us; they just hold us back.

What are these "life viruses", these challengers of strength? Life viruses typically fall into four categories. The first is false beliefs. Many of us are infected with beliefs that have little or no basis in truth, but which we passively accept because we were exposed to them earlier in life. The most damaging of these lies has to do with our worth. Rather than proclaiming the incredible value built into us by our Creator, they deny our significance and declare us unworthy, irrelevant, or unloveable because we fail to meet some arbitrary standard. Such beliefs rob us of our confidence and the joy of claiming and using the gifts we possess.

Other viruses take the form of habits, those behaviors we do day in and day out without even thinking. We mismanage time, ignore instructions, procrastinate doing what needs to be done, and in countless ways hamper the effectiveness of our efforts. We stay up too late at night, only to feel tired and "out of rhythm" in the morning. We work hard during the day, and then give away our evening time to the sofa and television. Such habits become ruts, and eventually we get stuck in mediocrity.

The third type of viruses are consumptions - those things we take

into our self which impede our strength. They might be concrete, such as unhealthy or excessive food or beverage. Or they might be abstract, such as the negative attitudes, thinking, and speech in your life environment. What do *you* want to surround yourself with and take into yourself? What helps *you* live in strength rather than stumble along through existence?

Finally, there are tolerance viruses. These are the unnecessary things we put up with in our life which do not support our values or our life purpose. They drain our energy, but we accept them as a part of our life. Again, they don't kill us; they just sap us. Once we identify them, though, we can take steps to minimize or eliminate them. This frees up more of our energy to invest in what is truly important to us and what brings us joy.

So what are the viruses in your life? What holds you back and limits your effectiveness? Owning your viruses and respectfully calling them by name is a great first step toward freedom. But then you must act to change! If you want to break free, but struggle with identifying and disposing of your life viruses, a life coach can help.

Partner with a coach, and discover how strong you *really* are!



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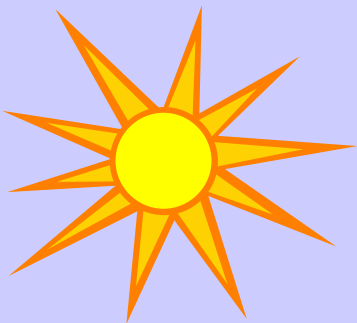
CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can help you take on the challenges of life and bring new vitality into your life relationships.

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Are You a Virus?

Yikes! What a thought! Can we really be a virus to someone else? Of course we can!

Consider for a moment what you bring to situations or relationships. Do you support and encourage, or do you find fault and criticize? Do you carry an air of optimistic hope, or a negative cloud of pessimistic expectations? Do you focus on success and celebrate small steps of progress, or do you highlight the mistakes and failures in other peoples lives and work? Do you want to empower others and bring out their best, or do you need to keep yourself at least one step above them? Are other people better off for having been in your company, or worse off? What would *they* say?

Now, **who** do you *want* to be, and **how** do you *want* to impact others? You're in charge! The good news is that while all of us have some virus qualities, we need not stay that way. That's what growth and change are about.

I wish for you a clear view of who you are, a vision of who you want to be, and the courage to follow the path of change!



"You must be the change you want to see in the world."
-Mahatma Gandhi