

## How to change stuck patterns in your life

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I have heard this story several times - it is a good reminder of how when we are inside a pattern or habit it can be hard to change even when we want to. And I really love the advice at the end of Carol's [article](#) below to stop talking (complaining) about my patterns, interrupt my thinking (Pivoting in Abraham-Hick terminology) and love and forgive myself for starting to repeat the pattern again!

PS If you haven't read or listened to Carol's book **Remembering Wholeness** I recommend it!

I love this! I published it in my first book, "The Path to Wholeness" in 1993. It still has meaning today.

*"Five Short Chapters on Change"*



*Chapter 1.*

*I walk down a street and there's a deep hole in the sidewalk. I fall in. It takes forever to get out. It's not my fault.*

*Chapter 2.*

*I walk down the same street. I fall in the hole again. It still takes a long time to get out. It's not my fault.*

*Chapter 3.*

*I walk down the same street. I fall in the hole again. It's becoming a habit. It is my fault. I get out immediately.*

*Chapter 4.*

*I walk down the same street and see the deep hole in the sidewalk. I walk around it.*

*Chapter 5.*

*I walk down a different street.*

*-Portia Nelson*

What do you keep recreating in your life? Right now you can walk down a new street. This is the year for a lot of new streets.

If you want to learn more on this dynamic of how we keep ourselves stuck experiencing the same things over and over, watch the movie "Ground Hog Day."

Ask yourself, how many days to I keep living the same issue over and over?

- First, stop talking about it.
- Second, choose a new thought every time it comes into your mind.
- Third, own it and in that moment say, "I love myself and I forgive myself, I am on a new street!"

It is the year of endings and new beginnings and it is easier to let go and change than ever before.

God Bless You,  
Carol Tuttle

[Click here to subscribe](#) to Carol's weekly "I am a Creator" email message for more support in learning how to be the conscious creator of your own life.