

# RAPID CHANGE 9 REASONS NOT TO DO IT



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# INTRO

We all want to grow and evolve. We know it takes time but we still like to convince ourselves that there is an:

- Online Course:
- A book;
- A workshop

That will once and for all rid us our bad habits.

Truth be told...our habits are waaaaay deeper than that. Our habits are an outcome of the following:

- Our environment
- Our capabilities
- Our beliefs
- Our upbringing
- Our loyalty to our 'tribe'

Have you ever noticed that when you change a habit it has a certain cycle that it follows?

## **HABITUAL CYCLE**

### **Phase 1 - Day 1 - 30**

Excitement. Commitment. Dedication.

### **Phase 2 - Day 31 - 60**

Natural. Automatic. Slightly Distracted

### **Phase 3 - Day 61-90**

"What habit?"

Who are you?

Why are we having this conversation?

Oh that old habit? Yeah I can live with it...its not so bad..."

At a certain point in time (it does differ slightly from individual to individual) we become complacent and distracted. We fool ourselves into believing that we are fine. If you want to shift from 'fine' to a level of mastery or excellence...keep reading!

Shifting habits is easy when you access the root cause and allow the new version of you to 'show up' naturally. When you commit to eating well; managing your time better or starting something new, you are asking for a whole NEW you to magically appear.

When you attempt to do this quickly...lets say in 24 hours or in a couple of weeks...you are asking yourself to do something that feels unnatural. In order to maintain the NEW you, give yourself time. Allow yourself the space to mourn, grieve and heal the parts of you that created that habit in the first place!

When you give yourself this time within - magic happens!

Magic in the form of eating well; managing your time; or starting something new. These habits happen as a RESULT of you shifting within and they do show up quickly and with beyond imaginable results. It's as if the universe finally heard you and said 'YES'. All people, places and doors just open and align.

Do the healing work first.

That way...things flow naturally.

You wont have to 'pretend' to be someone you are not.

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# REASON NO.1

All aspects, experiences and personality traits are a part of you. Attempting to shift them quickly is like taking a pill or putting on a Band-Aid

This is a common one for many people. You will have relief or a release for a short time and then you will be faced to deal with the issues again. Often this time in a more painful and obvious way.

Issues = challenges with your life or business partner, unfulfilled at work, health concerns or anything that is re-occurring



# REASON NO.2

Rapid change means making decisions based on emotions which rarely result in positive lasting change

Have you ever noticed that you have inspiration or a surge of energy in a moment of:

- a.) Passion
- b.) Revenge (sometimes mistaken for an 'awakening' due to its intensity) See below Almost Awakening\* for description.

Making life changing decisions in a state of heightened emotion due to changing life circumstances or after using drugs/alcohol, is dangerous emotionally and sometimes even spiritually.

Ask yourself these questions to assist the decision-making process.

- a.) Is this idea for my life my own truly or is it coming from parents, colleagues, friends or partner?
- b.) How will this decision impact all life areas? (including work, family, my sexual/intimate life, my health and my finances)

**Almost Awakening\*** = Being 75% of the way through a 'dark night of the soul' experience but not allowing the awakening or learning to come to full completion. You will know this is the case because the pattern keeps repeating itself over and over again.

# REASON NO.3

## Drastic changes are unnatural for our emotional ecosystem (see definition below)

If you were to make a life altering decision without having done the inner work, you will without a shadow of a doubt encounter the Lottery Effect.

Lottery Effect = Getting large amounts of money and losing it within two years. This is a known phenomenon that occurs to a large amount of winners.

### Why does this occur?

It is a sign that the individual has not prepared themselves to receive on an emotional or energetic (also known as spiritual) level. As a way to feel safe and 'normal' again, they create a 'way out.' This is also known as self sabotage.

One of the best quotes to sum this up is -

'In a family of thieves the one who doesn't steal feels guilty'

### Inner work =

- Mastering your emotions.
- Understanding and recognising your emotional triggers.
- Understanding and recognising your family patterns on an emotional level.
- Understanding the way that you process energy
- Having a sense about your spiritual purpose beyond what you have heard or read about

### Ecosystem =

An environment that is inter dependent on each other individual parts. An example is a forest that relies on the trees, the soil, the weather, the animals, insects etc. in order to survive and thrive.

# REASON NO.4

## Loss of identity

This is not a necessary part of the change process. If you take the time and care to incorporate all parts of yourself, you need never have to 'divorce' a part of you.

It is not uncommon to play all or any of the following roles and characters in your life (often in a 24 hr period):

- Wife/husband lover/girlfriend/boyfriend
- Mother/ father/ sister/ brother
- Lawyer/ accountant/ factory worker/ lady of the night
- Straight / gay
- Awake spiritually/asleep spiritually
- Financially wealthy/ financially poor

### Best advice?

Embrace all aspects.

Except all parts.

Be in rapport or friends with...all of you.

Stop hiding or running.

Life will be richer for it.

When the time is right all of these various characters have their place in time and space and they make up and incorporate all of the glorious aspects that make you - you.

The above sounds easy...it is in fact the opposite of easy. It is confronting and can be terrifying but with the right support, you can elegantly navigate your way through this part of the journey.



# REASON NO.5

## Freefalling versus gliding naturally through life

Many coaches and therapists talk about change in 24 hours or change in 30 days. Although you can see positive impacts of these changes you may notice side effects and damage in the coming weeks or months.

24 hours of gross dramatic change feels amazing for 24 hours maybe even seven days maybe even 30 days but be warned...

You will undoubtedly encounter addict like withdrawal symptoms in the form of a loss of identity. This can look like:

- a.) Confusion
- b.) A feeling of being disoriented or lost
- c.) Disconnection from people or things that used to bring peace and joy

### Why is this the case?

Drastic change brings about a release of serotonin (also occurs during sex, while eating sugar and exercising). Once these endorphins begin to subside, you will have to bear with increased levels of cortisol. These are released during times of stress and impact your ability to make decisions. This up and down unstable emotional pattern, can and will impact adversely on all life areas in the long run.

The ability to make life changing decisions must be done from a calm and natural state of being so that all life areas have a chance to maintain equilibrium.

# REASON NO.6

## Revenge is like drinking poison and expecting the other person to die

Oftentimes we make life changing decisions because we are in a space of hurt and anguish.

We believe somewhere deep down that the energy of anger will power us through the next phase of our lives. This is commonly known as revenge. I call this 'screwing with your karma' also known as cause and effect.

The bitterness, anger and anguish that we feel when we have been hurt or betrayed is palpable and one of the most powerful energies in the universe. It is a bus stop we all wish we never had to visit.

Drastic change such as a break up, quick weight loss or changing jobs can be a shock to the system without proper preparation.

If you have decided to change drastically it's only ever due to one of the following circumstances:

- a.) You are pissed off and angry after years of abuse mental, physical, emotional or sexual
- b.) You have been really wronged or betrayed and want to 'show them' or 'stick it to the man/woman'
- c.) You are bored with life

When we choose to lash out on social media post break up, post divorce or post being fired from a job, we compromise so many levels of who we are.

There are other healthier ways to handle the hurt that comes with betrayal. Instead, seek to find at least three healthy ways that can help you to express your anger without compromising the integrity of who you are as a person.

# REASON NO.7

A lack of ability to recognize emotionally excited states versus emotionally natural and effortless states.

The intensity of being emotionally excited is one of the most seductive and addictive states any human being can be in. It's the feeling you get when you lock eyes with someone on the dance floor. It's the pulse of your heart beating to the base of the music at a concert. It's the spark you feel on that first kiss. That 'falling in love' feeling - It's pure bliss.

**But is it really?**

You see these states of consciousness are what I call 'pseudo bliss'.

They are what pop culture has been seeking to find for decades. More recently over the last two decades there has been a shift in consciousness and a clear awakening on the planet (not the first time mind you). People have begun to seek a more spiritual experience. A more heart centred approach to life.

**This experience can be cultivated through:**

- Yoga
- Deep meditation
- Connection to nature.

There is a calmness and peace within that outshines any 'outer experience'.

There is a strong sense of self. A sense of confidence without arrogance. A sense of strength without any anger.

And a sense of forgiveness and compassion that is grounded in fairness.

# REASON NO.7 CONT.

When we make decisions in our lives based on a heightened emotional state versus based on a grounded and centred emotional space, we limit the chance for growth. We also close the door to further opportunities that are beyond our comprehension.

The way to begin to differentiate between emotionally excited states versus emotionally natural and effortless states is to do the following:

- a.) Begin to know yourself so well that you can tell the difference between what your body and mind feels like when it's excited versus calm.
- b.) Begin to take note either in your mind or written down, of how things have worked out when you have made decisions based on excitement versus decisions that have been made when feeling levelheaded
- c.) Find, cultivate and dedicate time to a spiritual practice that brings you home within yourself. This will become the cornerstone to your future self.



# REASON NO.8

You miss the beauty and the meaning that exists within every experience and every person that crosses your path.

Everything and everyone in your life has appeared for a reason.

As the saying goes 'a reason, a season or a lifetime.'

Often times when we are making big life decisions we can inadvertently 'pull the rug from underneath us'.

We can decide that we are ending a relationship and therefore must end the friendships that might be connected to this relationship. Sometimes we can even decide that if we leave a job we must lose contact with our colleagues too.

Lasting change must be made with respect to the current situation understanding that each component of our lives represents a part of ourselves. And to lose those parts too quickly would cause anxiety and confusion.

Here is a quick exercise that you can use to help you with this process:

The following affirmations are designed to help you to find respect and appreciation for the current state that your life is in. Regardless of how awful, tragic or upsetting things may seem right now.

# REASON NO.8 CONT.

Repeat these either out loud or with in your mind until you begin to feel a shift with in yourself.

1. Where I am right now is exactly where I need to be
2. The choices I made in the past have led me to this time and space and I'm thankful for them
3. When the time is right things will shift in my favor
4. I am grateful for everything that has happened
5. I am grateful for where I am right now
6. I am grateful for the people who played characters in my life to show me my emotional blind spots
7. I forgive those involved to the best of my ability
8. When I am ready to let go even more I will
9. I am thankful
10. I am present
11. I am calm
12. I am safe

# REASON NO.9

## Quick decisions can pull you into a dangerous 'power high'

We all know that feeling when we are on top of the world. Our ego is big and we are so sure that we can handle anything that comes away WITHOUT help from anyone else.

Not a bad place to be but be mindful of arrogance and acting out from this space which can ultimately:

- a.) Hurt loved ones
- b.) Push you to forget your own value system\*
- c.) Become ungrateful for what is really good and beautiful in your life

\*Value system is your North star and guiding principles. Ask yourself this question:

'If this act/decision would to be plastered on a billboard tomorrow - would I be ok?'

If the answer is 'yes' even if this is questionable by your parents, your partner, your friends or society that is a sign that you are living by your own value system. If the answer is no it is clear that you need to step away from the situation entirely. If you are unsure, its time to take some time to reflect within.

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If you would like to learn more about any of these 9 concepts,  
email [debbie@debbiezita.com](mailto:debbie@debbiezita.com) with the subject  
'Rapid Change - 9 Reasons Not to Do It'