

Understanding the Impact of Past Experiences

Written by Jonathan Kattenberg, LWC Founder

Do you think you hold the key to a successful life?

Whilst I write this short article, I find it a very thought provoking topic amongst many! There are a number of idioms that express one's behavioural patterns.

A key Idiom example is - "The apple doesn't fall far from the tree."

When supporting private clients to make the shift into the life they desire, a key component is understanding their behavioural patterns, and what makes them tick!



No one has to give you the key to success. You already have the key, but it's understanding how to use it that counts.

Why does an individual act in a certain way in various situations, that can sometimes be to their own downfall?

If they have fears or repetitive behaviours that they don't understand where they first evolved from, where did they first learn these behaviours?

PsychoEducation plays a key element. It refers to the process of providing education and information to those seeking or receiving mental health services, such as people diagnosed with mental health conditions (or life-threatening/terminal illnesses) and their family members. But I'm not sure if it should be just segmented to just this area of the mind process.

I feel Psychoeducation also forms part of our history and how we learn both implicitly and explicitly over time.

Let me explain;

A very successful lady who talked about how she and her elder sister were both petrified about dogs, even though she had never been attacked throughout her whole life by any dog. She's in her early 50's by the way and spent many years struggling to come to terms with her fear of dogs.

When discussing with her when the anxiety regarding dogs first occurred, she couldn't state when, if ever she first became scared of dogs. All she knows is that she grew up with her sister being petrified from a very early age.

Further discussions/consultations had led to the conclusion that she had learned from her sister that it is a natural response to be scared of dogs, and she was now looking for a way to overcome her anxiety when approaching dogs.

In my recent articles I have spoken about how the thought processes are influenced by our outer world,



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which influence our inner world (our mind/thoughts), which in turn influence our outer world. Ultimately influencing our behavioural patterns.

The above example showed how a lady had learned from her sister that it was a normal reaction to be scared and thus knew no different to the fact that she didn't have to be scared of dogs.

Naturally, certain dogs need caution when approaching, but generally the majority of dogs shouldn't cause you distress and fear.

Through careful planning and 1-1 work, the lady is able to understand her thought processes and rewire her beliefs and behavioural patterns which involve going into a relaxed state, allowing her flight or fight barrier to relax so she could reprogram her sub conscious mind, which in turn resulted in a different behavioural pattern when approaching dogs, and she now enjoys her lovely countryside walks.

Whilst I have used an example of a lady with phobia of dogs, often I can find when people are trying to achieve the life they desire, they often feel knocked back by recurring experiences on their journey to success in life. When we explore the reasons why, sometimes it can be previous experiences that cause the same habitual behavioural patterns resulting in the same outcomes time and time again. Once we know, understand why we do the things we do, and apply the appropriate actions, we can eradicate certain behavioural patterns, so we can strive to enjoy the life we desire.

Watching clients have transformational experiences when they truly understand how their mind operates and how it can be altered to serve them better in the world they live within is truly satisfying. This type of work is often achieved within many of LWC's one day intensive 1-1 sessions with astounding results for my clients. Not just with the thought processes, but also helping them build their strategy of success and removing any limiting beliefs that then allow them to go onto achieving amazing things they never thought they would experience.