

## ***THE NOT SO BIG LIFE*** – Chapter Four Introduction

In this chapter you'll learn to look at yourself in a whole new light. Instead of seeing your habitual patterns of behavior as fixed things that define who you are, you'll start to see that in fact a lot of these patterns have worn out their welcome and are now only serving as obstacles to the full experiencing of life.

Every one of us has hundreds of hidden beliefs and sacred cows that deeply shape our experience of the world, unnecessarily limiting it to the way we think it should be. The trouble is that when we believe something should be going differently than it actually is, we feel unhappy, and often quite upset. All of this causes unnecessary strife. By delving into some of these hidden beliefs, you'll begin to see how your personality has constructed its universe, and why that universe so often seems to be at odds with your personality's desires.

It is by exploring and uncovering these hidden beliefs and outdated behavior patterns that we can start to see ourselves differently, and find some breathing room within the fabric of our existing lives.