

The illusion of need

Each Must generated - either consciously or unconsciously – rejection. Because whenever we need to do something, we do not want to do, rejection patterns are activated in us, which produce the pressure, bring us the negative emotional range and thus reduce our wellbeing significantly.

(Excerpt: The key to happiness)

So why do many people permanently things they don't want in truth at all?

Because they need to do it? No!
Because they want to do it. For foreign destination is an illusion. There is nothing you need to do!

You read that right: **All you do is make freely out (= "voluntarily")**.

So if you experience situations where you think you need to do something, ask yourself the simple question:

"Do I really have to go to work on Monday or pay the rent for my apartment?"

The answer is: **No!** You could reply: "If I do not go to work, I lose my job if I pay no rent, I lose my apartment!"

But what does this mean? It's simple: you go to work and pay rent **because** you don't **want** to lose your job, your apartment.

This means: you do all these things, because you are not willing to bear the consequences that would arise if you don't do it.



But that is your decision. So you act always out of a free will!

Make therefore apparent need for conscious effort!

This means that your well being will increase significantly and the rejection of unpleasant activities over will be reduced significantly.

And agrees with your point of view, then adjusts the result!

If so do not be unpleasant work often enough to avoid a change in perspective in order to ease the situation.

If not, there are mental technique to make things easier: Let's say you "need" iron laundry.

Or fill out a tax return, to learn for an exam, .. moving now aware of your focus:

Imagine, how you feel, when you are done with this activity (rather than focusing on have to do it). Your well-being will increase significantly and the unpleasant job is much easier. Enjoy and have fun!