

A powerful new group intervention at Life Change Associates...

## **THE SYSTEM:**

### Human boundaries and the path to deep change

**Do you wish you could...**

- See yourself as valuable and deserving of good things.
- Reduce unhelpful coping responses like rage, addiction, withdrawal, denial, or self-destruction.
- Experience greater success in work or school.
- Put a stop to excessive self-criticism and create a positive internal dialogue.
- Give and accept love freely and without fear.
- Communicate better with others.
- Recognize toxic relationships and repair them or avoid them.
- Heal from hurts of the past so they stop haunting your present.
- Create a stronger sense of meaning and purpose in your life.
- Stick up for yourself without creating unnecessary conflict.
- Let go of excessive need to seek others' approval.

These are just some of the ways this method has successfully helped others who have gone through the program.

**What is “THE SYSTEM?”**

We all have beliefs about ourselves.

If you believe things like...

- “I'm worthless...”
- “I'm a loser...”
- “I'm broken...”
- “Everybody hates me...”
- “I'm a failure...”
- “I'm unlovable...”
- “I'm not good enough...”

...then you probably know how destructive these beliefs can be and how difficult they are to change. Changing beliefs about ourselves seems so impossible because of the presence of what we call HUMAN BOUNDARIES.

Human boundaries are behaviors, emotions, thoughts, environments, or relationships that are established by a belief you have about yourself and designed to prevent change. Human boundaries are what makes DEEP CHANGE so hard.

If you want to improve your life you have to change these old beliefs, to change the beliefs you have to deal with the boundaries that protect them. The belief and its boundaries make a system. By learning how the system works you can make real change happen in the depths of your being.

It's time to stop being controlled by these boundaries and start taking charge of them to make positive change happen. Use “THE SYSTEM” to rebuild your boundaries and watch destructive old beliefs shrivel while positive new beliefs grow to take their place – that's DEEP CHANGE and this group can help you make it happen.