

LEARN TO ASK AND CHANGE YOUR REALITY

The speech act "asking" not what we have available is often in our lives, but is there waiting for you to take and what we use.

Children are language teachers using this tool, but we adults, we seem to be unaware of this great skill that we can use to achieve our goals. Faced with the possibility of asking, we put various excuses and reasons to avoid any possibility of being told that NO order, ie to avoid the feared rejection.

The world responds to those calling!

What you think are the reasons why people do not ask ...?

Ignorance (do not know what they want, not in connection with their real wants and needs, so do not ask because I have never asked).

Limiting beliefs (eg "stay foolish if I ask, as needed, I can not show weakness ...").

Fear (of rejection, not to be given what you want).

Low self-esteem ("I am not worthy or not worthy, then why should I ask ...?").

Pride ("I'm not asking anybody anything, I manage only ...").

From the coaching we say that the language not only us "to speak of the things "but also" makes things happen. "Well, the" order "is a speech tool that lets you create a different reality.

Why do we say that in order we can "create a different reality?

Simply because after the issuance of the statement of the order, the reality may change, regardless of the answer Yes / No you have for that request.

If the answer is Yes to the request, they may open new possibilities for you as for example:

find help, feel accompanied and you're not alone for all, the possibility to get rich of valuable information that allows you to increase your personal power and be more effective, coordinate actions with others so that things flow and become easier, allowing you to expand and improve your relationships; among others.

If the answer is no to the request, may also open new possibilities such as for example, realize that not that person or that place where you had to route the request, what would you plantearte fit what you are asking, to whom you are asking and how you're asking. Always, always,

We are still exploring opportunities in situations that are not like hope. Always, in any case, we find an opportunity there hidden.

And what you think are the characteristics of people using its
ASK tool life?

They know their wishes, they know so well what they want to know clearly what
going to ask (they are in touch with their needs).

They feel worthy and valuable help, so ask for it.

They enjoy life with joy and enthusiasm.

These are held in life and face the fear ... pass through (their motto is "feel the fear and do it
anyway").

They are resilient and persistent in achieving what they want, do not accept
"no" as failure but the possibility of achieving a "yes".

When you go through hardships and experiences using them to further learn and do better
next time.


Questions for you to work with yourself:

What requests-and who-you do this week to make a difference in your life? Note different
areas: family, couple, friends, etc..

What possibilities would open up for you if we learn to use effectively this act of speech in
your life?

Text: Ana Vera (Coach ontological). Adaptation: Victoria Andrea Muñoz Serra.

REFERENCE OF THIS TEXT

 *Learn To Ask And Change Your Reality*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra (http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html), Concepción, Chile, March 2012.