

What If Nothing Was Actually ‘Wrong’ With You?

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"I did then what I knew how to do. Now that I know better, I do better."

– Maya Angelou

NOTHING IS ‘WRONG’?

‘Wrongness’ is everywhere, I get it. The world and his dog telling you that you’re not pretty enough, or smart enough or funny enough. That you lack confidence. That you don’t know your life’s purpose, that you’re not achieving enough, that you don’t own enough shiny things. Then there are the signs of ‘wrongness’ that look like this:

♦ Top 10 fears ♦ Low Self-Esteem Symptoms ♦ Relationship Problems ♦ Worry & Anxiety

And you can’t help believe in ‘em – these signs, these voices, these noises – you can’t help believe the negative voices in your head, too. Wow, are you so broken and different and ‘wrong’!

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Hello, my name is Steve M Nash and I’m the editor of SelfHelpCollective.com
TextMeFree.com, EgoFatigo.com, SMNash.com and SteveMNash.com



And I’m here to ask you a simple question: ***what if nothing is ‘wrong’ with you?***

What difference would that make to your life, knowing this to be true? What difference would that make to your relationships, to what you create in the world, to how you share yourself with others?

Would it – could it! – mean that **IT’S OKAY TO BE YOU?** (ALL of you.) Could it also mean that it’s okay for me to be me, and them to be them, too?

“HOW CAN I BE OKAY WITH MYSELF AND MY LIFE WHEN... ‘X’ HAPPENS?”

Some people – *you, maybe?* – only seem to be okay with themselves when good things happen to them. Maybe feeling okay is all about achieving, or doing what you say you’ll do (and ALWAYS behaving how you say you’re going to behave), or maybe you can only feel okay with yourself if others think that you are okay.

And some people simply have no idea what feeling okay feels like. They’ve never stopped thinking and worrying and planning enough for them to directly experience this okayness.

Whilst others more or less maintain an unbreakable okayness; they always seem comfortable in their skin; their circumstances, their behaviour (good or bad) and their past/future doesn’t seem to disturb them. There is no pressure on them to be anybody else than who they are in that moment.

All descriptions of how real people (like you) live; all making something different of their experience. And, still, nothing is wrong with ANY of these people...

***"If the only thing people learned was not to be afraid of their experience,
that alone would change the world."***

– Sydney Banks

A SURPRISING FACT ABOUT YOU...

You are not your behaviour; you are not your thinking; you are not your past (or your future).

You are not the labels people give you – even the labels right-minded, well intentioned medically-trained professionals might give you.

- What if every label you've even been given – low self-esteem, high self-esteem, low self-confidence, angry man, shy woman, narcissist, alcoholic, manic depressive, etc. – was just that: a label of your behaviour in a given moment (accurately perceived, or otherwise), but NOT A DESCRIPTION OF YOU.
- What if descriptions of behaviour like PTSD, ADHD, Bi-Polar, psychotic, paranoid, schizophrenic, clinically depressed etc. were just that: **descriptions of behaviour and NOT descriptions of you.**
- What if noticing your behaviour, knowing what it was really saying about you in the moment, was ALL you need DO?

What if nothing was actually 'wrong' with you?

What if you 'work' the way you are meant to? That the thoughts and feelings you experience – no matter how violent, dark or frustrating they might be, sometimes – were perfectly normal.

What if nothing was wrong with you, other than you think that there is? Other than you take your thinking too seriously, and you don't really 'get' how life works, how you work (hint: you/life works from the Inside-Out).

"OKAY, HOW DO I SEE THAT NOTHING IS 'WRONG' WITH ME?"

Send me \$15 and I will tell you double-quick time! Hah! A joke. 😊

Seriously, self-help books *might* work and so might self-hypnosis and other self-improvement stuff you find on Blogs and YouTube and Facebook. They might make things worse, too. Instead, try these noticing exercises, by way of quick experiment, and see what you 'see' from doing so:

- Notice how you don't always respond to a certain dread situation the same way
- Notice that thinking about 'bad stuff' feels bad and thinking about 'good stuff' feels good
- Notice that whatever bad feeling or behaviour appears in you, no matter how desperately unpleasant, it ALWAYS disappears too (sooner or later)

And if this experiment fails the first few times you do it, don't worry there's more help at hand...

"How soon will you realise that the only thing you don't have is the direct experience that there's nothing you need that you don't have?"

– Ken Keyes, Jr

OKAYNESS: WHAT ELSE YOU CAN DO TO HELP...

I've created the following free resources that might be of some use to you, as well:

- <https://www.smnash.com/thoughts-about-feelings/>
VIDEOS: Several 3-minute videos about feelings and thoughts, starring me! 😊
- <https://www.smnash.com/3-surprising-facts-about-you/>
BLOG: 3 Surprising facts about you!
- <https://www.smnash.com/free/>
GUIDE: More free stuff to help you recognise the okayness of your human experience!

And these resources aren't free, nor related to the Inside-Out understanding, but they might indirectly help in the transformation game:

- <http://www.hypnosisdownloads.com/10-steps/stellar-success>
(*Drive success habits deep into your unconscious mind...*)
- <http://collective.sitesell.com>
(*Dreams can come true, y'know...*)

'YOUR OKAYNESS' – WOULD YOU LIKE TO KNOW MORE? ...

1. Go onto your favourite site. Google, Facebook, YouTube, Instagram or whatever. And **do a search for "Inside-Out Understanding"**, "The Three Principles" or "Sydney Banks".

Search. For free. And read, listen, watch, and wonder.

Read, listen, watch and wonder again. And again.

What you'll find there is all deceptively simple. Intellectually, it might not make any sense at all. But just experiment with it, for a while, and see for yourself. *It WILL start to make sense to you, I'm sure.*

2. You could also read this free (no email required) 1-page Three Principles Resources guide I created - www.smnash.com/docs/OnePage3PrinciplesResourcesGuide.pdf

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Play around with this 'Inside-Out Understanding'.

See for yourself.

See if it doesn't start to make sense for you, too.

***"You can't teach anybody anything, only make them realize  
the answers are already inside them."***

– Galileo Galilei

**OKAY, I LOVE HELPING PEOPLE RECOGNISE THEIR OKAYNESS!**

Yes, it's true. Seeing the best in people feels good to me. So does helping people recognise their okayness, their innate wellness, and deep/loving wisdom that's always within them.

And that's why I created my sites SMNash.com (based on The Three Principles) and SelfHelpCollective.com (based on self-help). I also created these resources to help people (like you):

- [Do you really want to Stop The Suffering?](#) (Teachable Course – email required)
- [Remembering the 'Happiness Within'](#) (Teachable Course – email/money required)

Not sure what you'll make of this 'Inside-Out Understanding' that I'm pointing you towards. But if only one person's life is dramatically changed (as mine has been) by me writing this ebook and sharing this understanding, then it will have been worth it. 😊

Thanks for reading,

Steve

**PS** It seems I've got a bit of thing for inspirational quotes. (Have you noticed?) Not trite quotes, mind, that take you nowhere, but inspiring quotes that point to the stillness within. Well, I've compiled 366 of the best of these quotes and put them inside a daily quotes newsletter called The Daily Delight. You can subscribe to that newsletter here, for free –

<https://stevemdash.com/newsletter/>

**Please GIVE ME FEEDBACK about this ebook!**

You can give me feedback on this ebook via the following link – [smnash.com/ebooksurvey/](https://smnash.com/ebooksurvey/)



**Have a FREE COACHING conversation with me?**

If you still have questions, then you can apply for a free 1-2-1 coaching call with me via the following link – [smnash.com/free-coaching-conversations](https://smnash.com/free-coaching-conversations)



**Or, simply STAY IN TOUCH?**

If you'd like to stay in touch with me and my work, then I recommend you either [join my Daily Delight newsletter](#) or [Daily Reset e-zine](#)