

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, 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’!

Hello, **my name is Steve M Nash** and I’m the editor of [SelfHelpCollective.com](#)
[TextMeFree.com](#), [EgoFatigo.com](#), and [SMNash.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...

1. Go onto your favourite site. Google, Facebook, YouTube, 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

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

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

- <http://www.smnash.com/thoughts-about-feelings/>
(Several 3-minute videos starring me! 😊)
- <http://www.smnash.com/free/>
(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...*)

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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):

[A 1-Page Guide to Self-Esteem](#) (Ebook – no email required)

[How to Live a Stress-Free Life](#) (Ebook – email required)

[Guide to Transformative Coaching](#) (Ebook – no email required)

[Weekly Wonder Inspirational Quotes Newsletter](#) – Get Inspired (email 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** Ever read [The Starfish Story](#)?

**PPS** Two more videos that relate to this ebook you're reading. The first is a "3 Principles" video and the second is not, but both are saying the same thing I think you'll notice.

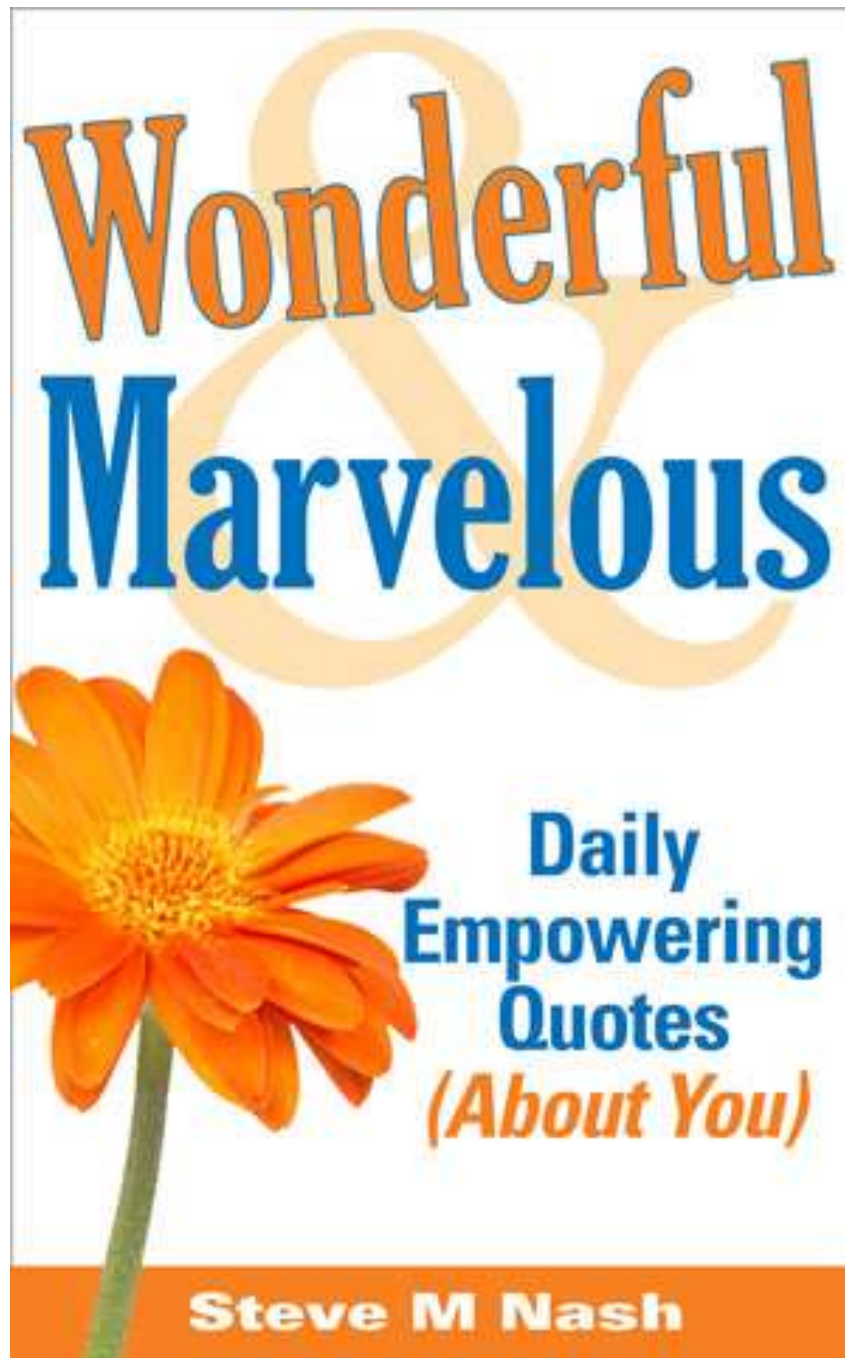
- i) Listen to Dr Bill Petit talk (with Jackie Forde) about the 'cure' for mental illness here  
- <https://www.youtube.com/watch?v=cSFYOaSr-BM>
- ii) Listen to Prince Ea in his infamous "You are not depressed!" video  
- <https://www.youtube.com/watch?v=ykvC3QXJb18>

**PPPS** And these words from 3 Principles teacher (and sports coach), Garret Kramer (author of Stillpower, and The Path of No Resistance), sum things up nicely, when it comes to 'what do do' with your thinking:

***"To control your thoughts, you first must control  
where they come from. And I can assure you,  
that's not possible."***

– Garret Kramer [ <http://garretkramer.com/> ]

Steve is also the author of...



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