



Awaken Your Fertility

Recognizing Paradigms

What is a Paradigm?

A paradigm is a belief, perception or habitual action that shapes our current results and experiences.

In your own life, your personal paradigms frame your world view. They make up your personal BS, your Belief System. Many of these beliefs are negative, they are limiting. These limiting thoughts about yourself, about getting pregnant, about your body, about motherhood, about success, stand in your way to realizing your Vision for the life you would love to live.

How? You ask, do these constraining beliefs stand in the way? What happens when we begin to come from our vision, to live each day from a position of success?

Our personal paradigms often raise their not-so-pretty heads, get in our way, and try to thwart our efforts to live a life we would love to live. Our paradigms create what we might call “safe problems,” problems which take us off track from our deepest and truest desires. What makes them “safe” is that they look like they will keep you safe.

The paradigms we care about are the limiting beliefs in the gap between where we are today and living a life you’d love. They are sneaky, incredibly sneaky, and will tell you that they are here to be reasonable and to keep you safe. But they won’t.

They will keep themselves safe and keep you far away from living your dream. They will never, ever tell you that they are precisely the barrier between you and living your Vision, in this case, becoming a mother.

Check in, what paradigms or safe problems are at work with you?

The challenge is that we seldom see the beliefs that are limiting us because they are inherent in our world view. Paradigms can be invisible to us. Kinda like ugly wallpaper, we’ve become used to seeing it and don’t notice it anymore. As a friend and mentor once told me, it’s hard to see the picture when you’re the one in the frame.

This exercise is designed to help see yourself.





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Recognizing Your Paradigms (Paradigms in Action)

On the way “up” to our visions, our paradigms/safe problems are triggered. You don’t have to go looking for them. They automatically arise because they are asking to be repatterned so you can have the outcome you desire.

Paradigms feel extremely real and can be difficult to recognize without help from someone trained to recognize them. Your well-meaning friends and family will likely agree with them. They seem like normal, calming, sound, accurate ways of being. They seem very reasonable limitations, and they don’t show up the way we think they will.

Rather, they show up in one of the following four ways:

- **Distraction**
- **Delay**
- **Dissuasion**
- **Disaster**

Distraction (Paradigm’s first strike)

- You fall asleep to your dreams.
- You are easily distracted – squirrel!
- Work deadlines
- Spouse needs
- Laundry or tidy the house or other actions that must be done, NOW! Before you can act on your dream.



What are your most common distractions?





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Delay (Paradigm's second salvo)

- You say to yourself, "I'm just too busy with other things right now to focus on that right now; I will later when I have time."
- You think, "I really don't have the money for that; I just can't afford it."
- Procrastination in general – I'll get to that tomorrow.
- You say you'll do it later AND you don't put it on your calendar.



What are your delaying tactics?

Dissuasion (Paradigm's negative voice)

- I will never get pregnant. This will never happen for me.
- The doctors tell me it's not possible.
- I don't know how to do that.
- I am now too old to be a new mother.
- This is crazy, I should give up.
- Other women get pregnant easily, why can't I?



What does your negative voice tell you?





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Disaster (Paradigm's last gasp)

- You have an accident, get ill and/or experience physical pain that stops you from moving forward.
- You have physicalized experiences of emotion, e.g., anxiety, panic, terror, sense of hopelessness.



What disasters have stopped your progress?

Additional Insights





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Our Paradigms - What Do We Do About Them?

There are five steps to change a paradigm. They are changed in the moment you notice them.

**STEP
1**

SEE YOUR BS (YOUR LIMITING BELIEFS)

First you must see them! So, you must have your eyes open to the ways your Paradigms show up. Notice what is coming up for you. Delay? Distraction? Dissuasion? Disaster? What is your favorite flavor of paradigm? Be kind to yourself, we all have them.

**STEP
2**

BRING YOURSELF BACK TO THE PRESENT MOMENT

First you must see them! So, you must have your eyes open to the ways your Paradigms show up. Notice what is coming up for you. Delay? Distraction? Dissuasion? Disaster? What is your favorite flavor of paradigm? Be kind to yourself, we all have them.

**STEP
3**

TUNE INTO YOUR VISION

Bring up your vision to top of mind. You must have been taking some action that was moving you forward in the direction of your dreams for your paradigms to come up. Review what action you were taking (deliberately or habitually) and recall your Vision. Put it on. Use your ladder images to help you feel the way you would when you are living and inhabiting your Vision. Feel the feelings.

**STEP
4**

SEE YOUR WAY FORWARD

Ask yourself these two question:

- What is one thing I can do to move me in the direction of my Vision?
- What would I love?

You are asking this question in a certain way – coming from your vision and expecting to live your Vision.

**STEP
5**

TAKE ACTION

Do the action right now or put it on your calendar to be done in the next day or two. Don't let delay get a foothold!

RINSE AND REPEAT!

THIS IS THE REAL WORK.

This is what you need to do whenever a negative feeling or limiting thought gets in the way of your belief that you will soon be a mother.

