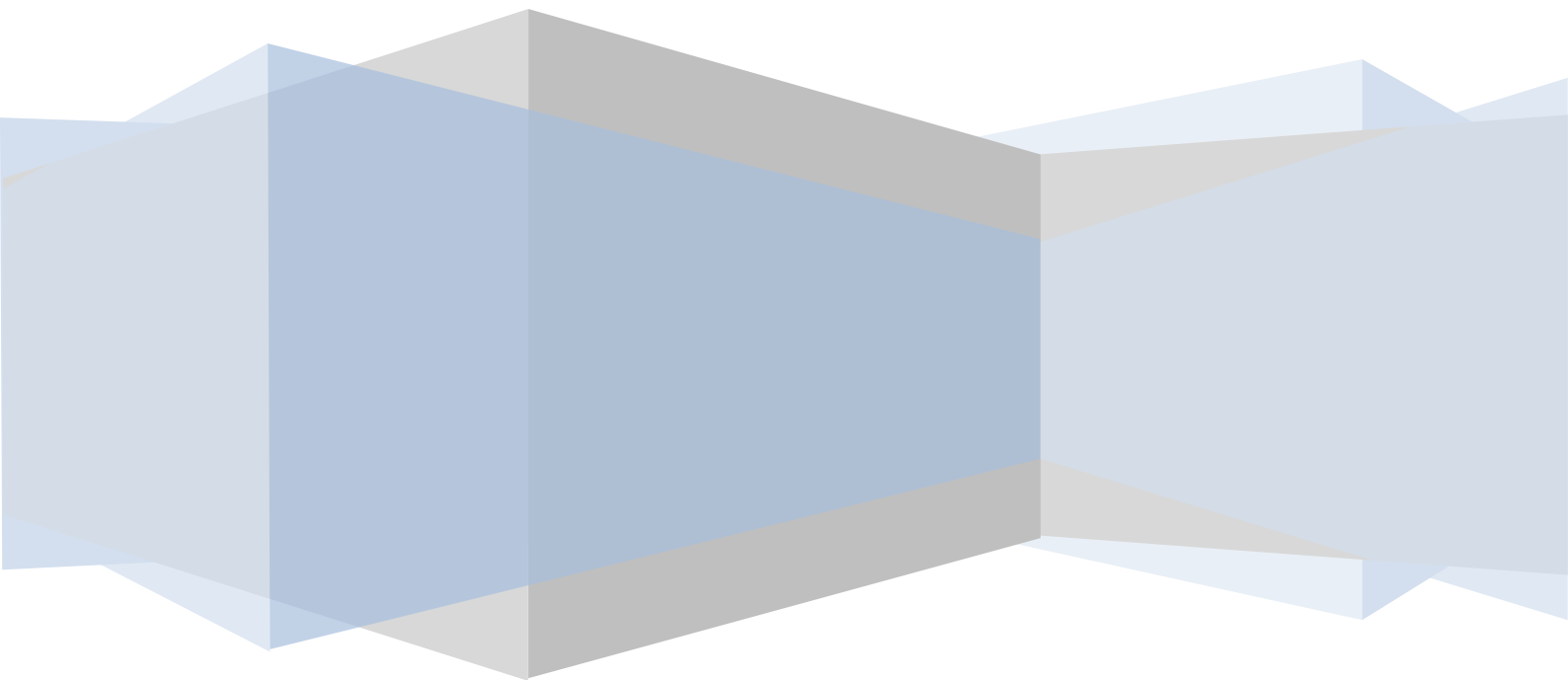


The Inner Coach

# Three Types of Mentality

Keith Collins



My Mentality is my belief system that determines my perspective of life as a mental reality. I can believe that my reality is one in which I have to survive, one in which I need to be comfortable or one that I am creating with awareness.

**A Survival Mentality** is created by fear.

I believe that I will have to survive whatever I fear.

When I fear death, I am required to survive life.

I survive in life whatever I fear.

What I fear in life, I attract into my experience.

I fear that what I attract will kill me unless I learn to survive death.

I am a victim of my fears until I learn to survive their fate.

Fear is a problem that threatens my survival.

Unless I believe that fear is a warning that aids my survival.

Fear is the cause of my problem and my need to survive.

Trying to survive is a problem that I fear I cannot solve.

I do not need to survive an opportunity to live my life to the full.

I do not choose to survive my fear I choose to be free of fear.

**A Comfort Mentality** is caused by pain.

Pain is a severe discomfort.

It is a discomfort that I believe that I am required to avoid.

When I fear pain, it becomes a problem.

The solution to pain is comfort.

I suppress the discomfort of my pain by suppressing the cause of my pain.

Pain is a symptom of my resistance to life.

Therefore, it allows me to learn the path of least resistance.

Following the path of least resistance is never painful.

Releasing pain is painful.

Suppressing pain can be fatal.

My comfort zone is a creation of my comfort mentality that chooses to avoid pain.

It also prevents my personal development & growth.

Pain is a clear indication that my path is blocked.

A comfort mentality chooses to block all paths painlessly.

**An Awareness Mentality** is conscious of the spiritual world and aware of its own spiritual origins.

I am aware of my spirituality and the source of my power & authority that enables my life.

I am aware of my intuitive senses that are my inner guidance system.

I am aware that I have a unique purpose and an exclusive vision for my individual mission in life.

I am aware that when there is no fear and there is no pain, there is no problem.

I am aware that I have not come here to survive and I have not come here to be comfortable.

I have come here to experience an awareness of what life has to offer.

With awareness, I see every opportunity that is present in my life as it is presented to me as a present to my Self.

Life is not an opportunity to experience pain, fear or problems.

That is my default experience when I do not intuitively see, know & feel the opportunity to live life to the full.

Keith Collins

The Inner Coach

December 2013

[theinnercoach@me.com](mailto:theinnercoach@me.com)

<http://www.theinnercoach.eu>