

# Your RETURN to FREEDOM

Rediscovering Who You Really Are

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## Six Steps to Reclaiming Your Personal Power

### Behaviors Leading to Loss of Personal Power

You knowingly defend the indefensible  
You often defend the unknowable  
You defend personal beliefs, equating them to values

You need to always have the last word  
You need to feel you are always right  
You believe you are more important than others

You have a hard time taking personal responsibility  
You often blame others for how things turn out  
You sometimes think or say, "It's not my fault"

You feel concerned for how others perceive you  
You believe others are responsible for your happiness  
You sometimes regret a course of past action

You take others' opinions of you too seriously  
You are afraid of offending another  
You fear speaking up and stating your views

You like to control others  
You try to change how other people behave  
You sometimes harbor resentment towards another

### Affirmation for Regaining Personal Power

1. *I refuse to get into arguments over what cannot be proven. To argue is pure madness.*
2. *I have no need to convince another. Stillness is my friend.*
3. *I may not be able to control what happens to me, but I can choose how I react to it.*
4. *I alone am responsible for my happiness. I take charge of my life.*
5. *I am not responsible for the thoughts or behaviors of others, only for my own.*
6. *The only person I can change is myself. I allow others to be who they are.*

TO DISCOVER THE SECRET TO FREEDOM, GO TO [HTTP://YOURRETURNTOFREEDOM.COM](http://yourreturntofreedom.com)

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