

## 20 Seconds of Intense Bravery

By Cheri DeMoss

Most people choose unhappiness, anxiety or fear over uncertainty, the unknown or the emotionally uncomfortable.

We are all born with a natural internal bravery made up of intrinsic joy & curiosity mixed with exuberant openness. Everything is new and there for us to explore, try and experience.

Our parents, teachers & extended family members teach us not to make them emotionally uncomfortable. They show disapproval when we act on our curiosity & openness.

**Most people choose anxiety, fear or unhappiness over the unfamiliar, or uncomfortable.**

We're little & we want to fit in, feel liked & be approved of - so we adopt their fears, ideas & beliefs about things that are unknown, uncertain & emotionally uncomfortable.

At a young age we are taught to stay within the constructs of what our family believes about life, the world and their view of us.



Learned fear comes in all shapes and sizes. It takes only 20 seconds of intense bravery to reach outside the emotional comfort zone of others and ourselves..

## Breaking Free Classes

**A**s infants & toddlers we felt good about ourselves. We didn't worry if people liked us. In fact, we had every confidence that we were completely lovable and likeable. We didn't try to hide what we felt or who we were from others.

We easily shared our feelings, thoughts & accomplishments. As we grew up we were given the message that what we felt, did or thought was not okay.

Our self-esteem affect all

aspects of our lives and our relationships. By learning how our childhood self-esteem turned into adulthood self-doubt we can easily reverse the process.

### You'll learn to:

- Turn obstacles into options
- Expand your self-esteem
- Enhance your relationships
- Recognize your strengths
- Change fear patterns
- Feel consistently confident
- Experience the innovation

**For Information Call:**

**773- 338-2889**

Children use 20 seconds of intense bravery everyday. When they encounter something they've never interacted with, smelled, touched or seen before. These few seconds of bravery can lead to something amazing. A new awareness, a new skill, an insight, a thought or action that changes everything.

**We're taught to stay within the constructs of what our family fears - the uncomfortable.**

20 seconds of intense bravery is a simple step out of the known and into the unfamiliar.

97% of people are convinced they cannot achieve great things or even attempt things they want to try, so they aim and settle for the mediocre.

The fear of being different, wrong or bad often leads us to recreate and live the same anxieties, doubts and limits as our parents.

We find ourselves living, not only a life without bravery, but a life in fear of bravery.

20 seconds of intense bravery is not the opposite of being scared, it is being scared and trying anyway.

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# Lessons of Gambling

By Cheri DeMoss

My grandmother and mother's favorite thing to do was play games. Since I was in kindergarten they taught me to play Craps, Gin, Roulette and Poker of all varieties.



My mother was a good gambler, she told me this often. In fact, she told every-

one this often.

No matter what she played; Gin, Poker, Roulette and especially Craps; she would usually win.

She used to tell this same story over and over. She and my grandmother worked as hat check girls in the front part of the bowling alley. In the secret back room they had illegal gambling.

One night the head of the Craps table got sick and the bowling alley owner was desperate to keep the game running. He asked my mother if she would step in and run the game. She was 19.

She told him she didn't know how to play Craps. He told her not to worry, gave her a brief explanation and stressed that the

house must always win.

She would explain to me that whenever someone was on a winning streak she would imagine a brake pedal under her right foot.



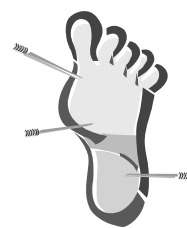
As the guy threw the dice she would step on the imaginary pedal and he

would crap out.

That first night she made the house more money than the regular craps guy ever had and she was promoted from hat check girl to head of the Craps table.

After a while they asked her to run the black jack

tables. She would explain, whenever someone was on a winning streak she would imagine a brake pedal under her right foot. As the player was close to making 21 she would step on the imaginary pedal and he would lose.



She regularly made more money for the house in just about any game they had her run.

When they first starting teaching me to gamble they bought me a plastic circle card holder because my 5 yr. old hands were too small to hold all the cards.

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## 20 Seconds of Intense Bravery Check List

How we think determines our ability to create and use 20 seconds of intense bravery in our lives on a daily basis. The check list of questions below will help give you an idea of how you think about being brave, your fears or beliefs and family patterns.

\_\_\_\_\_ Do you behave as if you cannot attempt things you have always wanted to try?

\_\_\_\_\_ Do you behave as if others can achieve great things but not you.?

\_\_\_\_\_ When thinking about a new idea, plan or concept do you think more about why it won't work that why it will?

\_\_\_\_\_ Do you worry about making others uncomfortable if you try something new and unexpected?

\_\_\_\_\_ Do you behave as if you believe your families view of you?

\_\_\_\_\_ Do you act as if you are afraid to be wrong, bad or different?

\_\_\_\_\_ The anxieties, fears and doubts of your parents are very similar to your own?

\_\_\_\_\_ Can you see yourself as having used 20 Seconds of Intense Bravery at some point in your past?

\_\_\_\_\_ Is awareness, insight and the new and different of interest to you?

\_\_\_\_\_ Is the new and different insight, information or awareness important to you?

\_\_\_\_\_ Do you think the opposite of happiness is sadness?

\_\_\_\_\_ Do you think the opposite of happiness is boredom?

\_\_\_\_\_ Do you behave as if the opposite of being scare is acting brave?

\_\_\_\_\_ Are you able to do things that are uncommon but within the rules if they make yourself or others uncomfortable?

\_\_\_\_\_ Can you see yourself doing 20 Seconds of Intense Bravery at some point in the next week?

# Lessons of Gambling

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They used pretzels to bet. Originally they used M&Ms, but I would eat them and then cry because I couldn't bet anymore.

They couldn't teach me Craps because I couldn't do the math in my head. So my grandmother, my mother and I would play Gin, Black Jack, Roulette and Poker for hours 3-4 times a week.

I would take a break to go be the bartender and make my mother's Scotch Old Fashions during the week or Martinis if we were playing on the weekend.

Roulette was a challenge for me since I couldn't understand the math. But I managed to win half the time once I figured out to bet on either red or black.



But the cards games I lost almost every hand we played.

When I'd lose my mother would tell me to "use the brake pedal." I tried but no matter how many time she explained it to me I was never quite able figured out how to do it.

Then one weekend when I was about eight, my mother told my Dad he had to play cards with us. So he did.

I was really surprised when he won almost every hand. I asked him if he had a

"brake pedal" and he laughed and said he had no idea what I was talking about.

I decided to stop playing and just watch him. No matter what game my mother or grandmother decided to play; Gin, Black Jack, Stud Poker, Jacks

*The 20 seconds of intense bravery was easy because I was a child.*

are wild Poker, one-eyed Jacks are wild Poker - he won most of the time.

After a while I started to notice him hide a card from the deck or add a card to his hand or deal from the bottom of the deck or stretch real wide and look at my grandmother or mother's hand. It was like watching a magician. I was mesmerized.

When it was time to make drinks for my mother, he and I got up and went to the bar. I said, "You're cheating!"

He gave me a big smile and said, "Cheating but winning!"

"Isn't cheating wrong?", I asked.

He said, "Your mother cheats."

"No she doesn't!", I defended.

"Don't you think it's cheating to play grown up games with you, when you're just a little kid?" he asked.

"But she has a brake pedal", I insisted.

"I don't know about that", he said, "It's probably that psychic thing. But I do know that you lose because you're too little to win, not because you're bad at playing. To me, it seems like cheating to play against a kid."



It was like he had turned on a light switch. My entire concept of myself as a bad gambler vaporized in an instant.

As we were carrying the drinks back to the table I said, "Will you teach me to cheat?" He did and I never lost another hand of cards.

It was 20 Seconds of Intense Bravery - that was easy because I was a child so I was open to thinking of myself differently than I had a minute before.

Another 20 seconds of bravery was when I asked him to teach me to cheat as I open to thinking that I had more possibilities that I had a minute before.

The next 20 seconds of bravery happened when I used the cheating tricks because, being a kid, I was open to thinking I could do things differently than I had before.

The last 20 seconds of intense bravery was when, months later, my mother said, "You've learned how to use the brake pedal," and I realized she couldn't tell I was cheating and I was open to thinking my mother was not all knowing and that she was someone who could be fooled.

## Most Look For Someone To Believe In Them

By Cheri DeMoss

Most of us look for someone to believe in us because we've learned not to believe in ourselves. We're afraid to believe we can succeed at things we want to try because we've been taught to avoid things that are outside of not only the emotional comfort zone of others - but of ourselves.

When we're raised to fear being uncomfortable, the idea of being brave for just 20 seconds becomes completely

foreign. If we try something outside of our comfort zone we increase our self-esteem, self-acceptance and self-belief - no matter what the outcome.

The more we do things that are different because they are either more effective or more fun or both — the more we build our belief in ourselves.

Doing just 20 seconds of intense bravery will lead to amazing things, new ideas, new insights and a new view of yourself.

# The Opposite of Happiness

by Cheri DeMoss

Most of us have been taught that the opposite of happiness is sadness.



But in reality the opposite of happiness is anxiety,

fear the lack of the new and different. The opposite of happiness and joy is boredom.

From infants to toddlers to grade school-ers—we all seek to explore, understand and try: new things, new people and new experiences. It's how we thrive.

A child will try something new and different just because it's new and different. Just because they want to understand.

Children are the living embodiment of the idea that different is better if it's more effective or more fun or both.

20 seconds of intense bravery plant the seeds of creativity, learning and happiness.



It's stretching outside the accepted comfort zone and taking small risks that lead to new insights, fun, and adventures of life and spir-

*Imagine the excitement of new ideas, learning more, and feeling confident because you reached a little bit out of your comfort zone*

it. These types of risks, once you take them, aren't scary anymore - they are fun and exciting. Stepping

out of the accepted comfort zone teaches us how to propose solutions instead of asking for solutions. It teaches us to be brave.

Courage is contagious. IT gives us self understanding. Getting used to the fact that there is nothing wrong with being different, doing different or thinking different is exciting and inspiring.

Happiness is repeatedly



trying 20 seconds of intense bravery because it's esteem building, self accepting, exciting, fun, interesting, educational and definitely not boring.

## About Empowering Options - Counseling Innovations

**E**mpowering Options Counseling Innovations is remarkably effective because our philosophy is to be on the side of the client. We concentrate on helping you learn, explore & create your options; your life adventure. The adventure is in the perspective – the beliefs that you view yourself & the world through.

Empowering Options uses a unique combination of information, observation & awareness to help you view yourself & your life differently. That's what our individual, couple's & group sessions, workshops & trainings are all about – being on the side of the client & giving you more accurate observation, insights & effective, innovative options. There is no assumption that what you are doing or feeling is wrong. We don't presume that you need to be fixed. Our goal is for you to feel empowered, esteemed & effective in your own life.

We strive to keep you interested & interactive; energized & supported. The goal is that you leave each session with a new, more powerful way of looking at things. We focus on a collaboration of our expertise combined with your concerns, feelings, behaviors & thoughts. We fit people's lives by providing options that make it possible for you to create the changes you want at the pace you're most comfortable with.

Empowering Options brings an original, distinctively refreshing approach to the counseling experience. The focus is always on empowering the client & teaching clients how to empower themselves. Using a unique combination of insight, perspective, & objective observation clients are given the information, tools & self-belief to permanently change their lives.

We provide unique feedback, concrete options, clarity & increased self esteem. Sessions are filled with interactive conversations not empty stares, silence or rhetorical questions. You don't have to assume we understand your feelings or concerns because we consistently demonstrate our understanding. If you ask a question you can expect a direct & straightforward answer. We don't believe you should spend your valuable time & money with a therapist that responds "What do YOU think?" or "How does that make YOU feel?" when you ask for their input. We teach you how to create options that will empower you throughout your life. Our innovative style, along with a fun & thought-provoking manner is distinctively client positive & client empowering. We present new ways to look at old beliefs & behaviors that will enhance your life & give you extremely effective tools to help you with the changes you want to make. We help you create life innovations, insights, esteem & options. You can get more information about our approach, services & download our newsletters at [www.EmpoweringOptions.com](http://www.EmpoweringOptions.com).

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