

MASTERING THE ART OF RETURNING MODELS: YOUR PATH TO FREEDOM AND EMPOWERMENT



Greetings, fellow explorers of the human experience! Today, we're embarking on a transformative journey that promises to revolutionize the way you navigate your life. Picture a world where you possess the extraordinary ability to reshape your destiny, not by manipulating others or coercing them into conforming to your expectations, but by mastering the profound art of taking full responsibility for your own worldview and graciously returning the responsibility for others' experiences to them. Brace yourselves, for we are about to unlock the potent wisdom behind this life-altering concept.

The Two Realms of Models

In the vast cosmos of existence, two distinct realms of models coexist - yours and theirs. Your thoughts, emotions, actions, and results are the vibrant strokes on the canvas of your life. They form the essence of your unique model, originating from the realm of thought. Conversely, every other individual possesses their own models, shaped by their distinct thoughts, emotions, actions, and results. This differentiation is where the true magic lies.

The Weight of Others' Models

As we journey through the labyrinth of life, we often find ourselves ensnared in the tantalizing web of attempting to acquire and control other people's models. In this misguided endeavour, we mistakenly shoulder the burden of their actions, emotions, and outcomes. This relentless pursuit of carrying the load of others' models eventually weighs us down, obscuring our own potential and progress.

Not Your Burden to Bear

Here's the revelation that can liberate you: someone else's actions are not your burden; they are entirely their own creation. Another person's feelings are an exclusive byproduct of their thoughts, and the consequences of their choices rightfully belong in their sphere of influence. You only become entangled in their web when you choose to assume responsibility for their model.

The Power of Choice and Feelings

Consider this every action we take, we do it for the way it makes us feel. Our thoughts give birth to our feelings, which, in turn, drive our actions. This fundamental truth grants you the incredible power to control your emotional well-being.

Creating Your Own Perspective

Events and circumstances in life are inherently neutral. It is you who has the power to assign meaning and perspective to them. You possess the ability to decide how you want to feel about something or someone. Your thoughts, feelings, and actions are entirely within your control.

Returning Models: A Paradigm Shift

By acknowledging that traumatic experiences and the actions of others are not reflections of your worth, you can free yourself from the burden of unwarranted responsibility. The concept of returning models to their rightful owners empowers you to craft your own experiences and choose how you wish to feel.

Imagine a scenario where someone hands you a package (representing their actions) based on their feelings and thoughts. It's now your choice whether to accept it or return it. Their model, their responsibility. This isn't about forsaking compassion or empathy; it's about recognizing boundaries and taking responsibility solely for what you can control - your thoughts, feelings, and actions.

In All Relationships

This paradigm shift is applicable to every relationship in your life, whether it's with your boss, coworkers, customers, or loved ones. You cannot dictate how another person feels, so cease your futile attempts to do so. Embrace the emotions that stem from your own thoughts, and remember that your thoughts are the only thing you have authority over.

Transforming Relationships

In challenging situations, understanding that others' actions are driven by their own thoughts and feelings can lead to more constructive interactions. By returning the responsibility for their actions to their own model, you can engage in thoughtful conversations and seek resolutions that benefit everyone involved.

Reclaiming Your Self-Perception

Say goodbye to the exhausting dance of trying to control what others think of you. Instead, become the curator of your own self-perception. Grant yourself the freedom to think as you wish while revelling in the brilliance of self-acceptance.

Embrace Personal Transformation

Release the fallacy that you are responsible for another person's feelings. As you return their model, cast aside blame and guilt. Redirect your energy toward your thoughts about a situation. Challenge those thoughts, mold them to create the feelings you desire, and let those feelings propel you toward the actions necessary to achieve your desired outcomes.

Architects of Your Reality

In the grand symphony of life, your results belong to you, just as others' results belong to them. Understand that outcomes result from your choices and those of others. Let go of unrealistic

demands and expectations.

I cannot stress enough how crucial it is to embrace this revelation and engrave it into your consciousness. Free yourself from the burden of controlling others' models. Return to sender the misguided attempts to internalize their actions, feelings, and results. Forge ahead with unwavering determination, seizing the reins of your own model and orchestrating your own harmonious evolution.

Whether it's a relationship, a work dynamic, or any other endeavour, recognizing that each individual is the architect of their own model empowers you to navigate challenges with grace. You will escape the undertow of unwarranted guilt, replacing it with a newfound understanding that you are responsible for your responses, your choices, and ultimately, your own growth.

In the pursuit of personal transformation, relinquishing control over others' models opens the door to a profound shift in your internal landscape. No longer will you tether your self-worth to external validations or linger in the realm of blame and guilt. Instead, you'll reclaim dominion over your own thoughts, sovereignty over your emotions, and agency over your actions. You are the author of your model, the architect of your destiny. Return to sender that which is not yours, and embrace the transformative power inherent in your own model.

Consider this thought: when adversity strikes, rather than internalizing others' actions as reflections of your worth, shift your focus. Recognize that their model, their actions, are not yours to control or bear. Redirect your energy toward your thoughts about the situation. Challenge those thoughts, shape them, and harness their power to create the feelings you desire. Those feelings will, in turn, fuel the actions needed to attain your desired results. Remember, you can't produce results for others; that is within the domain of their own models. Free yourself from the prison of others' models and emerge as the architect of your own reality, shaped by your unique perspective and the model you create for any situation, past, present, or future.

This isn't just a philosophical concept; it's an invitation to take action, to embrace a paradigm shift, and to liberate yourself from the bonds of others' models. Your life is yours to design, so take the reins and become the master of your own destiny.

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