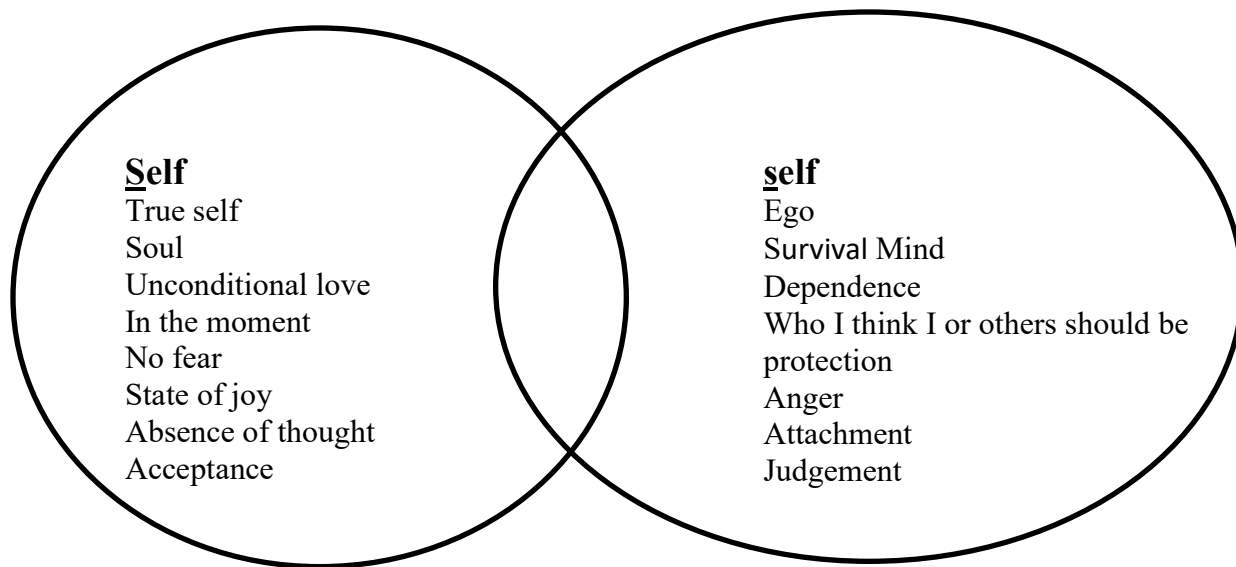


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## Theory of Living in Joy

Our natural state is feeling joy and peace...



### Why does our mind give us such negative feedback?

- 1) Survival- our minds are from a time when needed them to survive. We no longer need to assess danger all of the time to survive, but our mind still thinks we do.
- 2) Our childhood- when growing up we see the world as evolving around us (ego centric), therefore we develop a belief system about who we are based on our interactions with others. I.E. when a parent yells at us, we can decide we are unlovable and carry that view point forward into future interactions causing that belief to become stronger.
- 3) Our connection to others- we can feel what other people are feeling. If we walk into a room where everyone is scared, we can feel that fear, just like when we walk into a room where everyone is excited, we can feel that excitement. This process is happening subtly all of the time.

### How do we live in our Self?

If we live in a place of acceptance instead of attachment, we can live in our True Self and hence live in a state of joy and peace. Attachment is the idea that: if \_\_\_\_\_ then I will be happy. In other words, I cannot be happy unless... I have \_\_\_\_\_, or... this person acts \_\_\_\_\_ way ...or \_\_\_\_\_ happens. Acceptance is removing all shoulds, from yourself, others and situations.