



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Inferiority Complex

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Not one person on this beautiful planet of ours can call themselves perfect. As humans we are able to think and solve problems. This sets us apart from many other animals, but it also allows us to analyse and to judge. We are able to think at a very complex level. Our analytical brains also perceive the world around us and our personal worlds. We often perceive incorrectly especially when it comes to how we view ourselves.

We worry about others and what they think of us. Although people rarely think of us in the way we believe. Our perception is shaped by life events and personal experiences and rarely will people perceive a situation in the same way. We worry about our size and weight and how we look. We are often discontented with self and this includes self-image, finances and careers and in fact, every aspect of life.

Having an inferiority complex simply means that this person feels inadequate. They are unhappy with life and with themselves. There is a lot that may fuel these negative feelings and the media is one of the biggest sources. We are constantly bombarded by advertising that tells us what to eat, what to wear and how our bodies should look. There is an ulterior motive of course, advertising is designed to make money, but, these are powerful messages that filter into the subconscious mind. When these negative thoughts embed, they create feelings of inadequacy. Television, billboards, magazines all constantly push their messages across in a never-ending flow. It is easy to see how a person can become dissatisfied with life.

An inferiority complex can also develop through failed relationships, rejection or an inability to progress in life. In fact, any event where a negative situation sets a trigger in the mind making that person feel less than worthy. While these self-deprecating thoughts are often unfounded, it makes little difference once these thoughts exist. The way we live in a world with high demands and are surrounded with instant gratification. This lowers some values but places great stress when it is not possible to cope with the demands.

From the time we are young, we learn how to think, feel and act through following our parent's behavior, and being guided by other authority figures. Even this can plant the seeds of an inferiority complex within from an early age. To be told that you are not good enough can create a trigger that manifests itself in later life. Sometimes, the words are not truly meant but, even so, these seeds of negativity can still develop.

Creating positive changes means looking at positive aspects of life and recognising the good elements while identifying the areas which do not add to life in a good way. All people have positive and negative elements to their life. Some may do well in business but then struggle in a social setting. Some are good in a social setting, and do not achieve in a career. We are all different. Damaged self-confidence can lead to lower self-esteem and this infiltrates into all areas of life.

It is important to eliminate these negative thought patterns so that you can be the real you and live a truly fulfilled life.

Your imagination is very important to you.