

## the me you want to be roger's rules for a bigger, better, more powerful you

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# excerpt: fight to be positive

If I was going to get you to underline a word in this chapter's rule, which word do you think it would be?

Most people think it will be positive. I, myself, like to underline positive things. I try to be a very positive person. I think that's a powerful way of going through life.

Hint: It's not positive.

Right now, the word that I want you to underline is fight.

### **Fight**

*Fight to be positive.* When things are not going well, when you are stressed, when you are down that deep, dark hole and you're looking up at a tiny bit of light, when you finally ask, "How am I going to get up there where the real world is and out this hole that I'm in?"

Then, you *fight*. Fight to get up to the light. Fight to get out of your swamp of a head. Fight to get out of your messed-up perceptions and into the light. Most of the deep, dark hole you find yourself in is self-created. Created by you. Because, first and foremost, you are human.

Humans have a very interesting response to stress. Our human default stress response kicks in. And that human default response is negative. Just before you walk into a stressful situation, negative is all up in your face. For example, two interesting side effects of stress are:

1. we over-remember negative and, concurrently,
2. suffer from positive amnesia.

### **Positive Amnesia**

We fight – fight, fight, FIGHT – to be positive because we need to. Science teaches us something about what happens to us in stressful situations. Blood and oxygen flood into the parts of the brain that recall negative memories and the parts of the brain that recall positive recollections are starved for sustenance. This is biology. When this happens to you, it's not you being weak or flawed. These are human issues.

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## **excerpt (continued)**

We all have experienced positive amnesia. The more stressed you are, the more positive amnesia exists.

Think of your own life. When you are about to do something super stressful, like stand in front of other people and talk about what you think, for example, what is happening for you just before that happens? Are you over-remembering the negative, like it's the only thing in existence at that point? Are you forgetting any previous positive situation totally, like "positive? I don't think so!" This is a Dementor experience. Suddenly you're standing way too close to a Dementor and all the positive is getting sucked out of you. That's the dance that stress induces, the positive amnesia – dancing with a Dementor – tango.

I try to keep the individual Roger's Rules nice and tight. Short and sweet. Punchy. Catchy. Clear. I believe that when you are under stress you don't have the time, brain power or the energy to have long convoluted concepts make their way through your mind. When you are over-stressed, your brain is not functioning at its best. Usually your reptilian brain takes over and tries to force you into perceiving everything as a flight, fight, freeze or fawn situation.

### **ROGER'S RULE: Fight to be Positive**

For most of us, responding to stress with only those four options is extremely limiting, extremely foolish and, at times, extremely dangerous for your career, for your growth, for your future.

When you are stressed and down that deep, dark hole, you need a handhold; you need something that's going to help you pull yourself out of the hole. Those "helpers" need to be easy things to grab on to, hand holds that you can perceive through the fog of stress that surrounds you and inhabits your mind.

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