

“Before rushing into therapy, consider this method for leading an examined life.”— “ABC World News Now”

INSTANT ANALYSIS

How to understand and
change the **100** most
common, annoying,
puzzling, self-defeating
behaviors and habits

Author of

Never Be Lied To Again

DAVID J. LIEBERMAN, PH.D.

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—Joan Rivers

"Entertaining...practical, enjoyable."

—*Library Journal*

HAVE YOU EVER WONDERED...

- Why am I so easily discouraged?
- Why do I procrastinate?
- Why do I stare at myself in the mirror?
- Why do I keep people waiting?
- Why do I eat when I'm not hungry?
- Why do I secretly hope other people will fail?
- Why do I feel alone even when I'm around other people?
- Why am I constantly misplacing my keys and other things?
- Why do I enjoy hearing the secrets and confessions of others?
 - Why will I do a favor for someone I don't even like?
 - Why am I so superstitious?
- Why do I have trouble asking for help?

If any of these behaviors, habits, and thoughts are keeping you from having the life you want, then you need to know that help has finally arrived.

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"[*Instant Analysis*] cleared up an awful lot for me.... Interesting and very provocative..."

— "Mindy Johnson Show," WMSX-AM/Brockton

"Dr. David Lieberman...has penned a fascinating book.... If you pick up the book, you will start to read about yourself even if you're not willing to admit it. [*Instant Analysis*] demonstrates that changing one's life is simple and doesn't have to take years of therapy."

—Brian Nuthall, CFPL Radio 98, "The Experts," London's News, Talk, and Entertainment/Canada

"If you read Dr. Lieberman's book, you can save yourself countless years [of therapy. *Instant Analysis*] is brilliant. It makes so much sense.... It's a wonderful book and greatly needed."

— "Afternoon Health Show"

"It truly says it all."

— "Author, Author," PBS/Minnesota

"It is a brilliant book.... I was very taken with this.... The book is a very hopeful book...because [Dr. Lieberman] not only defines why we have these habits, but how we can get rid of them or get on the road to getting rid of them very quickly, easily...brief but pointed and accurate."

— "Louise Collins Show," WHWH-AM/Philadelphia

"David Lieberman...has come to the rescue.... He's written a...how-to book on coping with the little things that hang us up most of the time."

— "Afternoon Report," Newschannel 8/Washington, D.C.

INSTANT ANALYSIS

David J. Lieberman, Ph.D.



ST. MARTIN'S GRIFFIN

New York



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ACKNOWLEDGMENTS

THROUGHOUT THE AGES philosophers have grappled with an endless stream of elusive and diverse concepts. J. Krishnamurti was a modern philosopher whose perspective crystallized for many, the ambiguity of the human condition into clear and concise observations. His interpretations had, and continue to have, a profound influence on the evolution of my thinking. In the introduction and wherever I speak of levels of awareness, habits, and ego please know that his brilliance is reflected in these words and in these ideas.

To understand why we do what we do, we need to look at who we are in a larger sense. Effectively blending psychology and philosophy to help heal the entire person: body, mind, and spirit. Only then can we begin to move from who we are, to what we are destined to become.

INTRODUCTION

I WROTE THIS BOOK after recognizing the sad fact that many people have to motivate themselves to become excited about their own lives. There's dullness instead of intensity and numbness in place of excitement. They are tired—mentally and physically drained. This is not living. This book is for those who want to put *life* back into their lives.

After countless seminars, lectures, interviews, and conversations, an interesting truth has revealed itself to me. Most people are *almost* happy. They're so close to being the kinds of people they want to be, living the kinds of lives they want to live, yet they are stuck in a mental rut.

I realized that these people seem to share a common challenge—living has become automatic, a dead process. They try to move forward to get well, but no amount of willpower, motivation, unwavering determination, or discipline can change what is not alive.

If you're not the person you would like to be or if you're not living the kind of life you want to be living, it's likely that your life has been reduced to a network of conditioned responses, encased in a cocoon of ideals, habits, fears, and beliefs. You may be alive, but there's no freshness, no vitality. You move through life, but you're not living it.

Focusing on aspects of yourself infuses vitality into your life, so that it's no longer automatic. If you were unconscious, you would not feel the pain of a cut. But if you were awake, you would feel the discomfort and seek to stop the cause instantly. It's not that you want to cause yourself pain, but you are not always aware of the significance of your actions. Just as you need to be alert to physical harm, you need to be consciously aware of psychological pain.

My research has led me to approximately one hundred behaviors

that to varying degrees and in various combinations form the structure of automatic thinking. These are the behaviors that keep you from reaching your highest human potential and prevent you from getting the most out of yourself and your life. By becoming fully aware of your unhealthy behaviors, thoughts, and beliefs, you no longer act out of habit. Awareness of the suffering wakes you up, and the automatic network begins to dissolve.

Through a five-phase process, this book shows you how to break free of conditioned living. When your thinking is not mechanical, your actions are fresh. Awareness breathes life into your actions—habits lose their hold and are easily eliminated because your thinking is not mechanical.

You will learn how to take control of your life by breaking free of fixed thought patterns, attitudes, perceptions, beliefs, and behaviors. *Instant Analysis* shows you how to live instead of reacting with preconditioned thinking; you will learn how to “think before you think.”

Get ready to live.

INSTANT ANALYSIS

TIME TO GET BETTER

THE TICKING OF A CLOCK. If you're not paying attention, it doesn't bother you. However, if you turn your attention to it, all you can hear is the ticking. You realize how annoying it is—so much so that you can't think or concentrate on anything else. But once it moves outside your field of awareness, because you have gotten used to it, it no longer bothers you. You may often have noticed that the muscles in your neck and shoulders are tense. You didn't realize that you were hunching your shoulders, but now when you turn your attention to your body, you become aware of the pain and can simply relax the muscle and ease the tension.

The strength of your shell—this network of behaviors—comes from its power of invisibility. You're unaware of the very actions that create it. By becoming aware of your behavior, thoughts, and feelings, you make visible the process and gain the ability to see the harm.

The objective is to break up your mental routine and break free from conditioned thought patterns. This is accomplished by looking objectively at specific behaviors that usually go unnoticed or unexamined. As you begin to question these behaviors, you will get in the "habit" of not being in the habit.

You can't see yourself directly because not only has your life