

Author, Life Coach, and Speaker Eric North Advices on Defeating Self-Sabotage



New York City, New York Feb 20, 2024 ([IssueWire.com](https://www.issuewire.com)) - Eric North is a life coach, best-selling author, and motivational speaker who has dedicated his life to guiding others to find their ultimate happiness. The author has always believed that one of the greatest gifts humanity has is the ability to

inspire passion both within themselves and others. It is in everyone's mindset and attitude that they can thrive and find the path to happiness. People can learn to be more self-aware, create more value, and use their time wisely, whereas self-sabotage is a vice that's undeserved which only people themselves can conquer. According to the life coach, it is the positive feelings people have about themselves that radiate from their being that create their destiny. It is also the ability to look inward and put an end to negative emotions and behaviors that too often control people's lives.

The motivational speaker says that humans are ruled by their emotions, some of which are varied where some lift them and motivate their actions and intentions, while others create negativity and doubt. He further says that emotions can be learned and controlled to help us live with greater grace and balance. At the same time, these emotions can keep us in a perpetual cycle of grievances, victimhood, and frustration. As The Happiness Warrior, he believes that all humans have a basic right to be happy, no matter who they are or where they come from. He also believes that people have the power to choose to be happy, or they can live in self-doubt and incessant self-criticism.

Eric says it is known to everyone what it is like to hesitate to make decisions and lose an opportunity. So he thinks this can cause people to feel angry at themselves only to repeat the cycle again and again, creating a path of few choices and fewer chances for happiness. So it is always better to consider regret as a teacher and catalyst for a new direction. Regarding this, North says the sooner people realize that they are not alone in the world the better they can tackle their emotional issues and resolve the chaos in their minds. At the same time, there are always people who are willing to help because those who live in a state of happiness and know the correct words and behaviors will always help others. People who become Happiness Warriors know that difficult feelings are best faced head-on which is why they don't struggle with truth and can see their lives and actions with clarity.

On achieving this state, Eric stands firm on never doing some things. These are - running away from difficult feelings as they tell themselves that it's not okay to have those feelings. This causes people to feel bad about themselves and retreat into a state of inertia and anxiety. He also thinks learning how to approach difficult feelings with curiosity and compassion is how people can learn to overcome their fears and move on with their lives. Only when people gain a better understanding of why they have allowed themselves to live in a state of negativity, can they begin to see what life is like on the other side.

Another piece of advice is to understand triggers clearly and act upon them differently. The Happiness Warrior says that most of the time self-sabotaging behaviors can feel almost automatic. The go-to emotions that people have come to rely on when they are faced with sudden change and surprises usually portray people in a negative light and can cause even greater self-destructive behavior. He examines and believes that someone who yells and makes a scene when they are impatient and egotistical is someone who often gets their way through loud voices and bullying. According to him they are the opposite of happy and have never appreciated what life has given them. So people should always remember to remind themselves that this is the best time to be alive.

At the same time, the best-selling author advises on validating painful emotions. North knows that when people want to avoid pain too often it comes back in another form or level of severity. This can cause people to do things that are emotionally and physically harmful, creating long-term or temporary behaviors that help us to temporarily put painful emotions aside. These can fall under different categories, but the results are always the same. Stress eating, binge drinking, not working out, video games, hygiene, and living imaginary lives on social media or gambling sites. So it is always important to validate every feeling, no matter how painful it is.

According to Eric, the best way to acknowledge problems is to say them aloud to make them smaller as

words have spirit and never disappear. According to The Happiness Warrior, this is the most direct way to begin to declutter people's minds with imaginary fears for the future and put them away for good. He says when people learn to be more assertive and express their feelings fully, they can process them sooner and remove the time that they spend ruminating on things that don't matter. A True warrior will often process anger and betrayal internally and make peace with themselves. For more such guidance and advice, follow Eric North at: www.thwarrior.com.

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