

# How to Change your Life with the Help of the Subconscious

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*Annotation.* The fate of a person is the unfolding of scenarios and attitudes that live in our subconscious. Everything we have in life - successes, failures, victories and defeats - is not so much the merit of our personal conscious efforts as the result of the actions of our subconscious. Everything that surrounds us (people, environment) is also the result of our subconscious aspirations. Therefore, you can change friends, jobs, and partners as much as you want, but the result will still be the same. A genuine life change is a change in a set of subconscious programs and scenarios that create undesirable results on strategies and attitudes that will lead us to those states and acquisitions that we actually need. This is "programming".

**Keywords:** subconscious mind action; unconscious; programming

## 1. Introduction

### The subconscious mind creates our destiny

The vast majority of life strategies, which then went to the subconscious level, were formed in childhood as a result of certain decisions. Decisions that the child has made for the purpose of psychological self-defense. For example, the decision to avoid problems and troubles, which then gave rise to the appropriate "hiding strategy", or to suppress their aggression in order not to be punished.

But if avoiding punishment was the only optimal way for a child to suffer mental or physical injury, then such a strategy does not bode well for a person who has passed the age of 20. You want to build a relationship with someone you like, but your subconscious mind says, "Run away!"; they make you an interesting business offer or offer you a great job, but your subconscious mind dictates "run!"; you encounter some small problem and immediately "run!" turns on. And you're running away from a problem that's rushing after you, growing like a snowball. Money problems, work problems, relationship problems, health problems, self-esteem problems, and many other problems. They did not arise from scratch. They were created by us, in the process of implementing subconscious strategies that are recorded in the current program. Revising all these subconscious strategies and scenarios is a serious job that requires a careful and honest look at yourself from the outside. It is clear that it is better to involve a psychotherapist in this case, because any person, instead of really changing himself, is inclined to imitate work on himself. Not because he's lazy and weak-willed, but simply because that's how psychological defenses work.

### How to end our problems

To form your own point of view on a particular phenomenon, circumstance, person, situation, object, group. – the process is quite laborious. It is necessary to carefully study the issue, i.e., the facts from the interpretations, to make a complete, consistent picture from the verified facts. It's much easier to take someone's ready-made opinion and decide to make it your own. This is exactly what we have been used to doing since childhood. At first,

parents were the authorities for us and we adopted their picture of the world, then kindergarten teachers and schoolteachers, the street, TV and the Internet took their place. And with them, a gigantic stream of myths, stereotypes, assessments, opinions, illusions, misconceptions and outright lies poured into our consciousness, and subsequently into the subconscious, on the basis of which we formed our own beliefs and updated the picture of the world. And, based on this inadequate picture, we began to make the same inadequate decisions. For example, the decision to enroll in a university and get a useless specialty, instead of learning something really necessary and practical in the process. The decision to start a family with a man who is completely unsuitable for us. The decision to invest money in a deliberately unprofitable or fraudulent project. Etc.

But, that's still half the trouble. The inadequacy of the current "program" leads to the fact that we do not see the opportunities that life throws at us every day and are unable to fit into the changes and changes that are taking place in the world. As a result, all the chances pass by, and we can only scratch our heads in confusion, wondering that others have managed to "jump into the last carriage" and they are making good progress in projects where we have "ordered the way." All this leads to the fact that even if we sincerely want to change, because it is impossible not to change, instead of real changes, we start walking in a maze, constantly returning to where we started from recently or several years ago. A vicious circle. Is it possible to get out of it? You can! On the one hand, everything seems to be simple – we remove cyclical subconscious scenarios, change our attitudes, clear our heads and life becomes easier, life becomes more fun. The only question is in practical implementation – and how to do it? And here such a principle as system metaphorical processing will help us.

### Systemic metaphorical processing

The structure of any person's psyche can be designated where 5% is consciousness, and 95% is subconsciousness. In life, this results in the fact that we control only 3- 5% of our conscious actions (thoughts, words, deeds),

and the remaining 95% are implemented according to the schemes, scenarios, and algorithms of the subconscious (for example, any habits). The main problem with the subconscious mind is the inability of a person to communicate with it. We are used to communicating with each other on a conscious level at the level of words (i.e., verbally), whereas one should communicate with the subconscious mind, not verbally (symbolic images, bodily and emotional sensations), which can be understood through verbal constructions that reflect experiences as accurately as possible. It is only at this level that you can effectively communicate and work with your subconscious mind. Therefore, the standard advice when setting a goal is to visualize the final desired result, to present the goal in the form of a concrete and tangible image. This is done for one simple reason – so that the goal is perceived at the subconscious level and transformed from a euphonious declaration into a real guide to action. Only in this case 95% of your actions will begin to move us towards the goal.

This is also the case with the subconscious mind - programs (installations). Let's say a person has a feeling that he expresses – I'm not lucky. This is the current subconscious scenario. That is, the subconscious mind will 95% do everything to make a person unlucky in his real life, as they say, for example, money, resources, time, loaded with all sorts of contradictory and mutually exclusive demands and requests. The person will feel that he is unlucky and the subconscious mind will carry out the script. To get rid of (deactivate and transform) you need to change the phrase from this scenario. The process of thought change is called processing. In essence, processing itself is working with subconscious processes to correct them in the direction we need. We can do the appropriate work under the guidance of an experienced specialist within the framework of spiritual processing. But processing is different from processing. You can do the process chaotically, at random, beating around the bush, not noticing the key details and nuances, or you can do it systematically, taking into account the most important cycles and connections with a full understanding of how it works (everything in the world, including the subconscious one way or another, but obeys system logic). Therefore, real processing is systemic.

### The Origins of false Goals

But it's not enough to understand how to change your life, you need to understand exactly where. It's a trivial thought, but it's what almost everyone stumbles upon. They stumble because they imagine illusions instead of real goals and start chasing mirages. Answering the question: what do I really want? you will inevitably come across a deep lie to yourself. Lying is a deep subconscious mechanism of psychological protection against the recognition of inconvenient and traumatic facts of one's biography. For example, the child's parents were not very honest people, but they desperately wanted to appear that way. Which was broadcast to the child. And every time a child, having discovered a specific fact of the parents' inconsistency with their stated picture, tried to discuss it, and was attacked not by a wave, but by a tsunami of hysteria, which the little man was simply unable to resist.

He couldn't tell his parents the truth, but he couldn't bear to live with that truth either (an adult couldn't handle that, let alone a child). Therefore, a natural defense was developed – to lie to oneself that "white is black," i.e.,

parents are still honest and good people, and not liars? The example is deliberately exaggerated in order to explain the work of this mechanism as clearly as possible. In life, not all parents are scoundrels, but they lie to their children one way or another. Further, the first decision was followed by the second, then the third, and now the child has learned to explain the facts of his biography as it is more convenient for him, and not as it really is. This lie becomes the basis, the base of that inadequate picture of the world on the basis of which an adult is already trying to build his life, setting certain goals, which at best are compensation ("I will create a cool business and earn a lot of money, and then I will have the right to feel good"), and at worst – wiring on the part of interested structures, groups, and individuals.

### Conclusion

Programming our subconscious, our scenario programs, is the most important and meaningful thing we can do for ourselves. Because it's designing your life. And here it is very important to act, being as free as possible from illusions and lies. Because the slightest mistake, some small details and nuances, ignoring the context and specifics will lead us to turn off the right path to wholeness and freedom onto the crooked path of doubt.

### The actual material

Assistance to patients with drug addiction in the NIC with psychosis, including disorders of consciousness – delirium.

Assistance to patients with drug addiction in the NIC with psychosis, including disorders of consciousness – delirium

1. Drug addiction and chronic alcoholism in 2005 – 41 psychoses, including delirium with impaired consciousness in 2006 – 26 psychoses, 2006 – 30 psychoses
2. They were rehabilitated with drug addiction in the NIC 2010 – 96 people, 2018 – 57 people, 2019 – 37 people.
3. Drug users have been rehabilitated in the NIC 2017 – 43 people, 2018 – 66 people, 2019 – 61 people.
4. Completed (alternative) treatment for drug addicts 2017 – 49 people, 2018 – 28 people, 2019 – 56 people. From these statistics, we can see that the number of psychoses decreased in 2019.

### Literature

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DOI:[10.31579/2693-4779/261](https://doi.org/10.31579/2693-4779/261)

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