

## What is home?

*Your comfort zone, the status quo you maintain in your day-to-day using everything you already know that's familiar and certain.*

## What are the shivers?

*Your survival instincts, all those automated behaviors your subconscious mind has learned to perform to simplify your survival and help you maintain your personal sense of security.*

## How do I leave?

*First, you must recognize the walls that make up the house and the behaviors that arise when you try walking out the door or climbing out the window.*

*Then, you must examine — one at a time — whether a behavior is helping or hindering; it's a hindrance behavior if it gives you what you want in the short-term, but comes at an unwanted cost in the long-term.*

### Wall 1: Your Physical Survival Instincts

*Windowpanes: Fear of the Unknown, Doubts About Being Adequately Equipped/Experienced/Informed to Handle the Unknown*

What locks you in here behaviorally is avoidance.

- You avoid doing something in a different way because of the chance it won't be better than how you've always done it.
- You avoid trying something new because just thinking about doing something you might decide you don't like is itself something you don't like which actually makes it easier to believe you won't like the new thing from the outset.
- You avoid embracing a learning opportunity because you don't like feeling stupid, or feeling that you're maybe not enough, and school trained you to feel those things every time you find yourself aware of your not-knowing something.

**Your Physical Survival Instincts** can protect you from getting hit by a bus/mauled by a wild animal, and they can also put you on the path of being a shut-in.

### Wall 2: Your Social Survival Instincts

*Windowpanes: Fear of Being Powerless, Worrying About Your Ability to Keep Your Place in the World or Build Lasting Relationships*

Locking you in here is the idea of control.

- You think you can make people like and accept you by saying or doing just the right thing.
- You think you can stop people from leaving you by saying or doing just the right thing.
- You think you can avoid ever losing your job or your home or any other thing you possess by saying or doing just the right thing.

**Your Social Survival Instincts** can guide you toward deeper more fulfilling connections, and they can also create issues of dependency or manipulation.

## Wall 3: Your Procreative Survival Instincts

*Windowpanes: Fear of Repression, Feeling Frustration About Territorial Encroachment or Being Denied Personal Satisfaction*

The lock in need of picking here is entitlement.

- You feel the need and the right to push or strike back when someone or something encroaches on your physical or social space.
- You feel the need and the right to push or strike back when someone or something is perceived to be hijacking your time and or headspace.
- You feel the need and the right to strive after and obtain whatever object of desire currently has your undivided attention.

**Your Procreative Survival Instincts** can help you make a name for yourself and defend what is rightfully yours, and they can also cause you to be intrusive of someone else's wants and needs in the name of your own.

## Breaking the 4th Wall: Your Willpower

*Doorframe: It's Not an Issue of Free Will versus Predetermination, but of Mindfulness and Automation*

You lock yourself in here by choice (and sometimes exhaustion).

- You choose to "go with the flow" while choosing whether to ignore the fact that there's a difference between being adaptable and being on autopilot.
- You choose moment-to-moment whether to accept and respect the identity/feelings/decisions of someone (even your own), or to insist on the conforming of either the other person or yourself.
- You choose the degree to which you pursue what you want and the nature of that pursuit.

**Your Willpower** exists to help you unlock yourself through conscious decision-making, specifically the choice to form new habits.

- Determine what behavior needs changing.
- Identify what triggers the behavior.
- Get to know how you want to feel after you've handled a given trigger.
- Determine an alternative/helpful behavior with which to respond to the trigger.
- Identify the smallest first step of the new behavior to practice doing instead.

# YOU NEED TO LEAVE HOME TO LEARN ABOUT THE SHIVERS

a quick guide  
to what's keeping you  
in your comfort zone  
& what you can do  
to get out more

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