

Getting to Know Your Sidekick

*An Article Companion to **Second Chance** by Bill Scott*



Image Grok

SIDEKICK a.k.a. The Subconscious Mind

... the loyal but **permanent** and strict partner that's been with you since birth, every step of the way. Too young to understand such stuff, my mom put a little 'pretend' angel on my shoulder whose purpose was to whisper in my ear if I was about to make a mistake. Did your mom do that? My angel flew off when I was thirteen and I

haven't seen him since. "Sidekick" is another name for your subconscious mind. I have a one, you have one, everybody has one. He's just invisible to the naked eye.

In my book, remember the guy who smacks his thumb with a hammer? Instead of a simple "Ouch," he starts tearing into himself: "You clumsy idiot! What's wrong with you? You can never do **anything** right!"

Sound familiar? We've all done something similar, and then go mumbling about it the rest of the day. When I sustain an injury, I can't wait to show it to my wife that faints at the sight of blood. Then we start comparing scars from past operations. Me? Open heart surgery last November. Ha! Got her!

That harsh inner voice feels so normal we barely notice it. But here's the question I ask in *Second Chance*: If your best friend spoke to you like you speak to yourself when you make a mistake, would you like that person very much?

The answer is: Probably not! Yet, people talk to themselves like that all the time. Why? **Because, they don't truly understand their Sidekick.** They have no idea the destructive damage Sidekick can do without them being aware. Without constant awareness, Sidekick **can be brutal.**

Sorry, But Sidekick Is Not Your Buddy – He Manages the Rulebook

Truly, Sidekick may not your friend. He IS your obedient servant that manages the rulebook the conscious mind is sworn to follow... by

the letter. One good thing about Sidekick is he only listens to you and **if you are not conversing with him**. Otherwise, anything can happen and usually does. You think I'm kidding don't you. Well, I'm not. Sidekick almost killed me and that's not an overstatement.

Sidekick is that huge python you thought you had trained and attacked you while you were sleeping. Remember the last time you might have said, "I'd be better off dead"? Think about it.

Here's how Sidekick works, simple, clean, and direct:

Information comes in through the conscious mind. The Reticular Activating System (RAS) examines it and decides, "What is this? Have I seen this before?" It consults its notes and **if it passes muster**, passes it to Sidekick (the subconscious) for the next action.

Don't forget what I said about repetition. If your intention is to bypass the Reticular Activating System to get Sidekick's attention, just keep repeating it. And this my friend is where the magic occurs.

Sidekick receives the thought: stores it or ignores it, and if needed, directs the conscious mind to act accordingly. Sidekick is not exactly stupid. So, your story has to be believable. That's important!

But beware, Sidekick can get sick and unreliable. It happens. The emotion you attach to the message Sidekick receives is paramount. Why? Because, in order for an idea to be cataloged it **must have an emotional label**. Sorry! I don't make the rules. Otherwise, the message is only words and the subconscious has no access to a dictionary.

Think of Sidekick as possessing the mind of a submissive child. It thinks only what it has been taught to think. It hides in the shadows of a world you created and is oblivious to time and space. And having no concept of time, conflicting information doesn't bode well. Sidekick is NOT CAPABLE of creating thoughts of its own. You programmed Sidekick, and it only responds to your voice. And, as you'll learn, Sidekick can be quite stubborn.

Sidekick NEVER Sleeps

Sidekick works day and night—when your conscious mind is busy sorting wildcats or snoozing on the beach—making sure you will be the same person today as you were yesterday—Sidekick is not flexible by any means, any changes unexpected and not properly vetted might have unintended consequences. *And all this time you thought you were in charge?*

We go through our entire lives feeding Sidekick voluminous, conflicting, poorly thought-out instructions that would bring a quantum computer to its knees. Then we're amazed when we don't get the raise we expected, or the house burns down because we forgot to tell Sidekick to remind us to buy new batteries for the smoke alarms.

Why This Matters

That guy who hits his thumb doesn't just feel bad for the moment—Sidekick logs the “clumsy idiot” instruction and keeps it in the rulebook. No debate. No mercy. Just faithful execution of harmful data.

My own Second Chance prior to 1977 showed me how powerful this is. Old programming had me convinced I was hopeless. My Sidekick was loyally enforcing the rulebook until I started deliberately rewriting it.

How to Work with Your Sidekick Effectively

Listen carefully. Correct your self-talk, especially after one of your mistakes so that you don't repeat them. These result in direct updates to the rulebook. "Next time I will do better", covers a plethora of circumstances. "That's NOT like me", is another. I'm sure you can come up with more, but you get my drift.

Speak its language. Use repetition + emotion + present tense. Give clear, positive instructions instead of criticism: "I am capable. I learn quickly from every experience. I handle challenges with calm confidence."

Be consistent and patient.

You built the rulebook over YEARS. Don't dilly-dally around. Expect miracles and you will see them in no time. Update it the same way—steadily and kindly. Instead of "Whoops! I did it again", think "That's not me!" Sorry, Brittany!

Treat the programming with respect. Sidekick isn't your friend but neither is he your enemy. It's doing exactly what it was taught. Bless its little heart—he can only work with what you give him.

The Results Are Real

When you start feeding Sidekick better instructions, the rulebook gets updated. The RAS begins filtering out bad stuff and presenting you with new opportunities. Old habits quickly lose power. You break free from mental blind spots (psychological scotomas) and step into the Second Chance you deserve—every single day.

For a Start, Make A List, and Nail It To the Wall

Read it daily with “real” emotions.

Say it out loud with enthusiasm if you can.

Yours may be different than mine, but here’s my suggestion for a start:

I am invincible

I am beautiful

People like me

I love myself

I am not afraid

I am smart

I am likeable

I love my work

I **am** a great (doctor, lawyer, teacher, president – whatever you choose to become)

I **am** a wonderful mother, wife, husband, father, file clerk, bus driver ... whoever you want to be)

DO NOT use words like “I want”, “I will”, “I plan”, “I desire”... use instead, “I do”, “I can”, “I am”, “I have”, etc., even if you don’t yet possess these things. Sidekick will guide you to be whatever you aspire to be, and you won’t have to break a sweat to get there.

Two weeks is all it takes to convince yourself what I am saying is true and you'll possess these tools to last you for the rest of your life. Hey, and it's **free**. Beat that!

If you have a problem with this, imagine a broke 34 year-old, dying, recovering alcoholic failure, with a GED, imagining himself programming large IBM mainframe computers making \$250,000 a year, married to a beautiful, genius spouse that makes more money that he does, living in a mansion on a gorgeous river, and having great friends like yourself and others and you'll begin to understand. **You will become what you believe you are.** Lying to yourself is not only permissible, it's required! I've done my job. Now, it's time for you to do yours.

Give yourself a chance... Give yourself a Second Chance!