

# Karl Albrecht *International*

Lecture by Dr. Karl Albrecht

## “Cleaning Out the Attic: Get the Junk Out of Your Head and the Pain Out of Your Life”

According to Karl Albrecht, “We all carry around, in our mental attics, all the junk, the debris, the antiques, the unopened boxes, and the broken lamps of our childhood. Before we’re even old enough to become self-aware and self-reflective, we’ve already accumulated a lot of unconscious ‘stuff’ – the attitudes, beliefs, conclusions, and decisions about who we are, what we’re worth, and what’s possible for us. These are the psychological ‘drivers,’ the internal codes for success and failure that shape our engagement with the world.

“This is the ‘first draft’ of our self-concept”, he says, “and we didn’t get to write it. It was imposed upon us in countless little ways by the people and circumstances we happened to have been born into.”

The fundamental psychological task of every adult, he believes, is to “clean out the attic.” When we get rid of the junk, we get rid of the pain that goes with it. This, he proposes, is the only real path to the state of “emotional intelligence.” We can create a new draft of our self-concept whenever we choose to.

In this compelling and intriguing presentation, Karl takes your people on a “journey to the center of the self,” exploring the basic truths and falsehoods of becoming who we became. He introduces some helpful conceptual “handles,” such as the childhood swindle; the childhood constellation; the first draft; mindful behaving vs. reflexive behaving; self-defeating beliefs; hot-button reactions; the observing self and the internal conversation; and the “rainbow path” to ever higher levels of consciousness.

Your people will gain a new sense of clarity about life and purpose; a new sense of optimism, energy, and motivation; a new understanding of the mental attic and how to throw out the junk; and the determination to put new ideas, new truths, and new intentions up there, where they can enrich life and make it much more worth living.

Karl is a world-recognized business thinker; consultant; speaker; author of more than 20 best-selling books on futures, strategy, and organizational performance; and a respected executive adviser. A former physicist, military intelligence officer, and business executive, he was honored by the Mensa society with its lifetime award for his contributions to the understanding of intelligence.

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