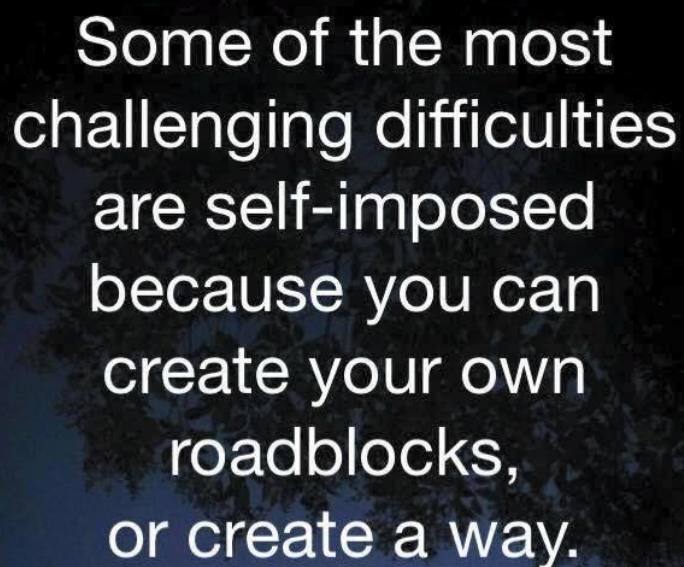


The secret to change

All too often in our lives we want to make changes and the more we try to make the change the more the same persist. In this the old saying becomes evident: The more things change, the more things stay the same. Luckily you have the power within to make the change, to make it happen. The challenge with change lies in the way the brain works.

Let us start by exploring the behavior of the brain. A teacher told his class: "For the next minute do not think of monkeys. Do not think of the different breeds of monkeys, do not think of the different size of monkeys, how they play with each other, what they eat, where they live, or how they pick lice of each other". Not so strange, the only thing they could think of was Monkeys! The teacher then continued and gave the instruction to think of lions for the next minute. Think of where they live, how they hunt, how they eat, how big their manes are, how majestic they are in the animal kingdom. Their brains responded and they all thought of Lions. After the lion instruction he asked: "Did anyone think of monkeys now? The brain does hear negative words. If you say to the brain to not perform an action, the brain does not hear the negative, the "not".



Some of the most
challenging difficulties
are self-imposed
because you can
create your own
roadblocks,
or create a way.

The reasons we struggle to make change, break a habit, or alter behavior is that the more we try not to think of a situation the more we are telling our brain to think about it. The change becomes even more challenging if the specific behavior has been entrenched into our brains through years of repetition and self talk, the way the brain is programmed and wired. The more we do or say something specific the deeper the belief and action is programmed into our brains and the harder it becomes to break the habit. To explain this, think of all the routine activities

in your life that you complete every day: making coffee, washing dishes, the order in which you complete your morning routine, the act of driving the car.

If we take the last example of driving a car: How much effort and concentration did it take to be able to drive initially? You had to really concentrate on the act of driving- changing gears, keeping the steering wheel straight, pressing the clutch, moving your foot from the accelerator to the break, break clutch control. After driving a car for a couple of months it become much easier to drive. All the actions became more automated the more you drove. The car didn't stall anymore, lane changes was done smoothly, and there wasn't any more jerks as you changed gears. This explains how we program and train our subconscious mind to complete actions, to believe, to behave. We can compare this with a path through the forest, the more we walk the path, the deeper the path becomes entrenched in the forest.

Now that we know that our behavior and actions are entrenched in our brains and that our brain cannot hear negative instructions, What happens when we want to make a change? We continuously give the instruction to the brain to think of the certain behavior (as it does not hear the negative instruction) which in turn further entrenches the behavior and the belief into the brain, which makes it even harder to break the habit. Now that we understand how the brain programmes itself continuously we understand that the we cannot unlearn or un-teach the brain.

The good news is that is easy to make a change! An old dog can be thought new tricks! The answer lies therein that instead of un-teaching the brain, we need to give the brain a new thinking pattern and we need to entrench the thought deep into our brain by focusing our mind on the new action, the new belief. For example if you want to lose weight, you cannot think "eat less" the whole day. As this will simply make you more hungry as the brain simply hears "eat!" What you need to do is create positive new thinking paths by creating new believes, for example: I like to walk, I like to exercise, I like vegetables. By focusing our mind on new thoughts, new ideas, new behaviors we start to engrain a new way of thinking and with the focus on the new, the brain will automatically stop focusing on the old believe and it will fade away into the background. This is proven in what we were though in school. How much can you remember from what you were thought at school?

So there is the answer, change is established through new ways of thinking, new ways of doing things. This is why many people turn to life coaches as they help them to uncover new ways of doing things and help them entrench the new behaviors into their daily lives.

I hope this article helps on your path to change.

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Divergent Coaching

