

Ten Steps to Change

by Sharon Promislow, President

ENHANCED LEARNING & INTEGRATION, Inc
3584 Rockview Place, West Vancouver, BC V7V 3H3, Canada
Phone: 604-922-8811 Fax: 604-926-4104
Email: sharon@enhancedlearning.com

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As Specialized Kinesiologists, we have powerful techniques for assisting our clients to successfully release their blocks to wellness, learning and performance goals. Not so easy, in many cases, is our ability to express to those clients *why* what we do works - what are the elemental steps to successful and permanent change. Nor do they immediately grasp how they can apply what they learn to other aspects of their lives. Once they understand what change is, how it works, and discover how to change patterns easily with the 10 Steps to Change, you will have truly educated them in the self-responsibility model.


For my book *Making the Brain Body Connection*, I spent considerable time pondering the bare bones of the change process, both in our kinesiological approaches and in other personal process systems. I clarified the common thread into this simple ten-step model that allows clients to understand the change process and to easily apply the model to any challenge. This approach fits seamlessly into any kinesiology methodology and provides clear, concise direction for moving forward.

I invite you to personally workshop the concepts in the space provided, as you proceed through this article.

1. Start Off from a Balanced State


Any attempt to learn starting from a stressed state only anchors ever deeper the non-serving stress reactions and behaviors that we wish to change. We must first put our client/patient into the self-responsibility mode of balancing

their brain/body state as a first step. In a session we can facilitate that balancing process. At home they can choose any balancing tools they wish - self management techniques drawn from the Touch For Health Synthesis, the Quick Six as outlined in my book, the Brain Gym PACE process, or other life style balancers such as tai-chi, yoga, a walk, or even a relaxing bath. Anything that brings them into a centered and calm state from which they can safely and comfortably consider further life challenges is valid. Remind them, if possible, to seek a comfortable location, free from distraction.

 I achieve a balanced state with:

2. Have a Clear, Positive Goal

Next the client must identify a clear, positive goal he/she wishes to achieve. It can be a little one: small changes can be a catalyst for amazing breakthroughs. We ask our clients to take a look at their non-serving behaviors, and also ask them to identify areas where their functioning could be improved. I always have them identify key stressors in their life which can also be valuable to address and defuse. Muscle checking allows us to establish priorities for the individual client.

 My Immediate goals include:

Once our clients have achieved a good baseline of integration, encourage them to spend time defining additional goals, as it is our intent to leave them with both the desire for moving forward in their lives, as well as the tools for achieving it. Most people are so busy treading water, they're not clear in what direction they should be swimming. Setting goals is the most positive investment they can make in themselves and their future.

It's important to know where you intend to go, so that your mind and body can work together to get you there! If nothing else, consider the tombstone test. When you die, what do you want people to say your life stood for?

☞ What do you really value in your life?

Although simplistic, this tombstone test provides a litmus test for what is, and is not, important to your long-term goals. We must consider our time and energy as commodities to be valued and used for our highest good. Start immediately, removing and reducing irrelevant stressors, people, and expectations from your life that don't support your true-life purpose. Use the stress management techniques we have learned to make it easier to do so.

S.M.A.R.T. Goal Setting

Goal setting is so important to the change process, it warrants a review of a sound approach. Dr. Wayne Topping shares with his students a simple model for long-term goal setting, to help you determine what goals will best support your life purpose.

Remember to make a goal:

- 1) Specifically stated—clear and positive
- 2) Measurable—so you can evaluate your progress
- 3) Attainable—a reasonable time frame to attain the goal
- 4) Realistic—you can reasonably achieve the goal
- 5) Time Tabled—back it up with an action plan

It is our recommendation that you allot time to consider each of the separate areas below that together support a well-balanced life. Don't be overwhelmed with the task. Divide and conquer, knowing that ultimately you will have a brilliant new insight into what it is you really want. Identify at least one goal from each of the following categories. Obviously muscle checking provides a superb tool for establishing true goals and priorities prior to creating action plans. (See *Goal Balance with Touch For Health*, Promislow, Touch For Health International Journal, 1991).

A. Career:

B. Social:

C. Physical: (exercise programs, hiking etc.)

D. Financial:

E. Self-improvement: (travel, education, hobbies, etc.)

F. Spiritual:

Create an Action Plan

For effective goal setting, one must set out a timeline for breaking down the task into manageable chunks. If you want to achieve a specific goal within 5 years, what has to be in place 1 year hence? For that to take place, what has to be done in 1 month? To facilitate that, what preliminaries do you need to do this week? Big goals get accomplished one baby step at a time! For more on goal setting see Wayne Topping's "Success Over Distress", p. 67, and Wishcraft by Barbara Sheir.

3. Be Willing to Benefit

You need a true willingness to experience successful, permanent change. Often subconscious sabotage patterns are the real blocks to achieving success. Indeed, it has been proven time and time again, that most people are not afraid of failure. Most of us are terrified of achieving success. Releasing stress around the issue of being "good enough" is very useful. Before you work on changing a behavior or going for a goal itself, it pays to honestly evaluate the pros and cons of any positive change you are considering. (See *Pro/Con Issue Defusion*, Promislow, Touch For Health Journal 1992, p.49) You will need

to re-educate your response to any fears you have about how getting your goal will affect you and your relationships. Be aware that any change, even good change, is stressful, and that stress should be addressed.

Use positive affirmations and statements to help stress release your willingness to let the process be easy, and to get full benefit of the reeducation process. So often we sabotage ourselves because of issues of self-worth. Work with the following statements, or make up positively worded statements around your goal/issue, noticing the impact those statements have on your brain/body. Defuse with Positive Points, eye rotations and other integrating activities. Think about the statement again, and notice any improvements in brain/body reaction. The following affirmations were sourced from Dr. Wayne Topping's *Success Over Distress and Stress Release*. Jan Cole's work provides another excellent source for affirmations.

Self Esteem

1. I like myself.
2. I love myself.
3. I love myself unconditionally.
4. I am a worthwhile person.
5. I deserve praise, admiration and respect.

Finances

1. I am successful.
2. People are happy to pay me.
3. I no longer believe it is wrong to be wealthy.
4. I no longer have to go along with limiting ideas about making and having money.
5. I deserve financial abundance.

Procrastination

1. People approve of me.
2. I am successful.
3. I accept the consequences of my decisions.
4. It's OK to experience anxious feelings.
5. I complete what I start.

Success

1. I am proud of my achievements.
2. I have plenty of energy to accomplish what I want to do.
3. I have determination, drive and self-confidence.
4. I enjoy getting things done.
5. I deserve to be successful.

Goal Setting

1. I set goals easily.
2. I automatically think in a decisive and determined way.
3. I enjoy being responsible.
4. I know what I want out of life.
5. I have the power to live my dreams.

Weight Loss

1. I eat to live.
2. I believe I can lose weight.
3. I want to lose weight.
4. I like my body.
5. I am worthy of a good figure.

4. Activate the Goal:

Visualize achieving your goal, and role-play a relevant action.

As well as experiencing your goal in your mind's eye, also activate the physical circuits that have to support you in achieving it. This can be a literal role-play, like a golf swing if your goal is to improve your golf game. It can be a symbolic gesture if your goal is something more abstract, such as self-acceptance. If that were the goal, you could give yourself a symbolic hug, or pretend to open a door and walk through it into a room full of that positive state.

I imagine:

1. _____
2. _____

I do:

1. _____
2. _____

5. Assess Your Current Functioning: the Pre-Check

You must clearly and consciously identify all the ways your brain/body is currently not supporting you in achieving that goal: Noticing or muscle checking provides a personal evaluation system to identify areas of behavior and function which are holding you back from being the best you can be. In *Making the Brain Body Connection*, pp. 150 – 152, I list a synthesis of general and specific subtle pre-checks to distinguish your body's

stuck circuit locks, in the domains of Electromagnetic, Emotional stress, Brain/body, Vision, Hearing, and Fine Motor pre-checks. Each Kinesiologist can offer their client the pre-checks he/she considers vital to determine key energy imbalances. This can include TFH muscle checks; determining the emotion locked into the cells of the Body using the Five Element chart; Behavioral Barometer; Biokinesiology Organ Emotions etc; Structure Function; 7 Dimension prechecks; N.O.T., LEAP. The list is as long and varied as there are kinesiological and transformational change models. All are valid, and can be offered to the client via muscle checking to see how he/she can be best served by the practitioner.

☞ Imbalances noted: _____

6. Be Willing to Embrace Uncertainty

Change demands that we pull ourselves out of homeostasis—the way we normally respond to life and challenge—and allow ourselves to temporarily embrace uncertainty as our body/brain learns a better way to handle itself. Often this manifests as a feeling of confusion or spaciness, which should be recognized as a transitory stage of the change process. Move through this stage by using brain/body balancing activities and allowing integration time, or any other form of self-care (including sleep!) that your body calls for.

Learn to recognize this state, and to give yourself or the client time, space and personal attention to move through it, never driving a car or otherwise jeopardizing yourself until you have safely regained focus and clarity.

☞ I will allow myself the time and space to integrate using _____

7. Use Your Brain/Body Re-Education (Kinesiology) Techniques to Get the Job Done

It's not enough to know about them: commit yourself to using the re-education tools you

now have to take your brain/body system to a higher level of functioning—its new homeostasis. As specialized kinesiologists we offer a wonderful assortment of specific brain/body balancers to our clients, but we must also invite them to use other systems they already know. "There are many paths into the house of balanced energy, and it is our commitment to honor and support all of them.

It might be a hobby, sport or therapy, or be as simple as a walk or singing a song—whatever works to help the individual relax and achieve focus. Modalities that couple slow, intentional movement with balanced, graceful flow are particularly suitable, such as yoga, tai chi and dance. An important awareness is that we are using the modality intentionally to re-create a normal free flowing brain/body response in the face of a specific stressor. Think of your stressor or goal as you perform balancing activities. You are re-educating your response—not simply escaping from the stressful situation to do something you like better!

☞ Reeducation techniques I use: _____

8. Post Check to Anchor in the New Learning

To assure that change has truly occurred, you need to anchor the brain/body's recognition and acceptance of the new learning. Repeat all the pre-checks, using noticing and/or muscle checking, and compare your brain/body response. Have you achieved the level of new integration that you desire? If so, you are done, and are free to move toward your goal with a new level of brain/body support for your conscious intent.

☞ Improvements noted: _____

☞ Still to be improved: _____

9. Commit to an Action Plan and Maintenance

In the face of real life challenges to your newly won brain, body and sensory integration, it pays to build in a "maintenance" plan that includes using brain/body balancers to maintain your new-found ease of functioning. Reactivating the new circuits deepens their myelination and reinforces long-term memory. It also pays to "check in" from time to time, to see if the stressors of daily life have caused you to slip out of your optimal state. If you notice that you have, take care of it with the brain/body balancers!

📝 Homeplay to support the new integration:

10. Celebrate Your Accomplishment

Acknowledge what has become easier or is flowing more smoothly. Celebration and joy lower stress and raise the levels of serotonin in the brain to make everything easier yet!

When you or your client feel ready, willing and able, start at number 1 again with your next chosen issue toward better functioning. Use the included 10 Step Change Process

Summary Sheet reprinted from "Making the Brain Body Connection" as a guide. Life is a process, so why not make it an upward evolution? By constantly being consciously aware of how we act and react in the world, we can re-educate our brain/body to become more effective.

Keep in mind that lifelong, familiar patterns of unserving mental, physical and emotional locks can be triggered again and again by a related stressor, until our new balanced functioning becomes the familiar brain/body response. Advise your clients not to be discouraged. They can choose to seek out your professional assistance or study more advanced techniques to deal with those past issues more quickly and on a deeper level, if they desire. In the meantime, the improvement process has begun, and they are on their way to effective self-management.

The one price they must be willing to pay is the giving up of 'victim' status. They can never again say: "That's just the way I am. I can't do better!" They *can* step into higher functioning and they *can* get better if they have the self-responsibility and desire to apply this simple 10 Step Change Process to enhance their performance and lives.



10 STEP CHANGE PROCESS: SUMMARY SHEET

1. Put myself in balanced state with Quick Six and _____
2. My goal is to clear stress around (p.147) _____
3. Willingness to benefit with Quick Six, and Emotional Stress Release (p.149) _____
4. Visualize and activate my goal with this roleplay(p.150) _____
5. Do Prechecks pages (150-152). My areas of imbalance are:
☐ Electromagnetic ☐ Emotional ☐ Brain/Body Integration ☐ Vision ☐ Hearing ☐ Fine Motor

I noticed _____

6. I am willing to embrace change and allow time and space for process (p. 153) _____
7. I will start to clear this issue with the Quick 6 and will add these other activities (p. 153)

Electromagnetic

- ☐ Drink Water
- ☐ Plug In for
Balanced Energy
- ☐ Cook's Hook Up
- ☐ Polarized Breathing

Brain/Body Integration

- ☐ Cross Patterning
- ☐ Gait Points
- ☐ Sacral Spinal Pump
- ☐ The Energizer
- ☐ Leg Muscle
Release
- ☐ Neck & Shoulder
Release
- ☐ Rub Out Tension &
Headaches

Emotional

- ☐ Emotional Stress
Release
- ☐ Eye Rotations
- ☐ Anchoring

Vision

- ☐ Lazy 8s for the
Eyes
- ☐ Eye Points
- ☐ Palming

Hearing

- ☐ Rub Ears
- ☐ The Owl
- ☐ Hyperton-X Neck
Release

Fine Motor

- ☐ Lazy 8s for
Writing
- ☐ Alphabet 8s
- ☐ Cloverleaf

8. Do Post-checks on pages 154-156. Note improvements _____
_____ I am satisfied with my new level of functioning. ☐ Yes ☐ No

If you checked "yes" your work is complete. If you checked "no" simply repeat steps 6-8, adding new balancing activities until you achieve your desired level of improvement.

9. I'll do my action plan and choose maintenance activities on page 157.

10. I'll celebrate my new learning by (p.158) _____