

## Achieving Permanent Behavior Changes Using Kinesiology Integration Techniques

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**Abstract.** Achieving permanent behavior change begins with a unique process of self-assessing why we perceive need for change in our lives. We will learn the process of anticipating hidden roadblocks such as old triggers, reflected emotional energy patterns, confusion, ego gratification, and the fear of risking. We will offer various tools of kinesiology integration techniques (K.I.T.), that break through these barriers and **pierce the illusion that change is difficult.**

Every year, thousands of clients visit my offices to self-discover their path of change for the many issues that haunt their life. It is interesting to notice that many of us numb out the dysfunctional habits and behaviors that lock us into our self-made prisons. I have discovered that many people perceive the need for change more from their feeling sick and tired of being sick and tired than anything else. It was this realization that gave me the inspiration to help people become more aware of other methods of self-assessing their need for change.

### Self-Assessment Methods

**Body Pain.** The first step that often suggests the need for change is reflected in the body feeling pain. It is important to have the client become aware of the various levels of pain, including pressure, pain, ticklish, itching, and finally numbness. Since many clients have parts of their body achieving numbness, I will often use kinesiology to trigger emotions that will produce body pain merely by touch.

**Triggers.** Many clients are not aware of their emotional triggers and why they occur. The techniques we use include discovering the emotions that produce triggers and have the client state the emotion as an affirmation. If the client cannot feel the energy shift in their body, they certainly notice the reflex of an indicator muscle. It is at this point, we define the purpose of a trigger. A trigger is an event that produces an emotion(s) that allow us to discover the wounds of our ego.

**Repeating Energy Patterns.** Clients often have difficulty viewing repeating energy patterns without the benefit of using emotional kinesiology as a mirror to reflect this process.

After several examples, clients begin to explore where these patterns occur in other components of their lives.

**Discovering Self-Sabotage.** Clients become more aware of their need for change when they discover their own built-in sabotaging techniques that limit their growth at many levels. I help them find the zig-zag patterns that always seem to return them to a place that validates who they think they are.

**Ego Gratification from Punishment or Protection.** When clients are afforded the opportunity to reflect on the three ego states, (child, adult, parent), they quickly become aware of how part of them is gratified through the process of punishing or protecting another part of them. Through the process of emotional kinesiology, we can discover many examples where clients have used this technique to reduce growth and limit change. This awareness allows the opportunity to teach the process of self-talk and healthy gratification.

**Integration Process.** When clients are allowed to reflect on how long it takes them to integrate and experience from feeling the victim to self-empowerment, they can self-discover their resistance to change. This benchmark is a powerful tool for self-awareness and opportunity to accelerate growth from change.

**Reflecting Judgment of Others or Self.** When clients are asked to produce a list of the behaviors they like or dislike about their parents or close friends, they are afforded a reflective mirror of how they see themselves. This insight then becomes strong motivation for the process for behavioral change.

**Understanding Purpose of Behavior.**

Like puppets on a string, each of us use conscious, subconscious and unconscious messages that motivate others to act out the behavior that validates who we think we are. We also act out their behavior needs and most important, we act out the behavior that validates our own ego needs.

**The Process of Behavior Change**

**Awareness.** Using the Awareness Techniques previously outlined, provides the awareness and most important desire to create a need for change.

**Benefits of Not Changing.** Perhaps one of the most overlooked aspects of creating an environment for permanent change, is the process of becoming clear of how part of us benefits from not changing. Discovering the child ego that is afraid, or the critical parent that uses fear to control another part of us, is typically a significant component that keeps us stuck. Many of these perceptions are perceived at the subconscious or unconscious level and require the use of kinesiology to diffuse these beliefs.

**Accepting Consequences.** The consequences of changing behavior patterns is often hidden and therefore surprises clients in the process of changing. As clients act out new behavior patterns towards family, friends, co-workers, etc., they are surprised how people feel about them with their new behavior. If clients don't anticipate this shift, they will often adjust themselves back to old behavior patterns to accommodate the needs of others.

**Accepting the Changing Process.**

- A. Feeling strange, confused, different, detached, and other emotions that reflect the feelings of not being "in synch" with the expectancy of our familiar surroundings and behavior.
- B. Willing to surrender existing ego identification and the process of reflecting how we see ourselves and others.
- C. Fear of risking creates uncertainty that triggers other emotions that creates chaos and confusion in our lives.
- D. Doubt about the nurturing process of becoming responsible for ourselves and to others as opposed to surrendering responsibility for the well-being of others.

**Anticipating the Five Senses of Change.** The process of change can easily be triggered into a frozen state by any of the five senses: smell, taste, sight, touch, and hearing. It seems important to allow clients to perceive that they have already made the change and ask them to examine each of these senses at the conscious, subconscious and unconscious levels.

**Defining Benchmarks.** The final step of changing requires clear definitions of how we know we have completed the change and continue to hold the pattern of that change. Inside and outside benchmarks must be established and identified as affirmations that are lived in the present.

**Summary.** The human mind can be programmed for behavioral change through the process of becoming aware that parts of us desire change and other parts benefit from no change. The Kinesiology Integration Techniques listed in this paper can provide the path for rapid and successful change if we become aware of what to expect and how to proceed should roadblocks appear.