



Review and Refine 2

You're on the move! You're learning to change your pain and create that fulfilling life you so desire. Remember, the activities within these periodic breaks are here to encourage you to revisit and go deeper into what you've been learning. Take a few days or a week to further develop your skills and gather more insights. Let all that's been flowing your way sink in and not run off into the drain.

Revisit Your Be THERE Now Declaration

Are you reminding yourself on a regular basis why you're committed to relieving your pain? Your senses, thoughts, feelings, and actions are shifting and refining with every awareness exploration and reflection activity you do. So, tweak and refresh your declaration as you keep moving to your THERE.

Self-Check

Choose the best response. You'll find the answers at the very end of this section.

1. The _____ perspective is that individual resources, the task and its context, and experience are all situated within an environment, and all work together to create behavior.
 - a. Computation input-output
 - b. Dynamic systems
 - c. Motor program
 - d. Neuromaturation

2. You are most stable when you:
 - a. Lie flat on a mat with your arms and legs spread apart
 - b. Lie on your side in bed with your hips and knees bent
 - c. Sit on a bench with your knees hip width apart
 - d. Stand with your feet shoulder width apart

3. The location of the center of gravity in standing is similar to the position of the energy center known in Eastern traditions as the:
 - a. Hara
 - b. Middle dantian
 - c. Root chakra
 - d. None of the above

4. The vagus nerve or nerve complex:
 - a. Has fibers around the gut
 - b. Has fibers around the heart

- c. Is part of the sympathetic nervous system
 - d. Both a and b
5. The order of the sections of vertebrae of the spine from top/superior to bottom/inferior is:
- a. Cervical, scapulothoracic, lumbar, sacrum, coccyx
 - b. Cervical, thoracic, lumbar, sacrum, coccyx
 - c. Coccyx, sacrum, lumbar, thoracic, cervical
 - d. Pelvic, lumbar, thoracic, clavicular, cervical
6. Which statement is TRUE about the ribs/rib cage?
- a. All ribs attach to the breastbone/sternum
 - b. Expanding the rib cage increases lung volume
 - c. False ribs 8-12 have cartilage connections to the breastbone/sternum
 - d. The ribs fully cover the liver and kidneys

Top Three Insights

Reflect on the previous two chapters that focused on your core and torso. What have you learned so far about yourself, the process of relieving your pain, and bringing more pleasure into your life? Write down your top three insights or take-aways.

1

2

3

Self-Observation

There's one more thing I'd like you to pay attention to over the next few days. Remember Bernstein's idea about freezing up areas of our bodies when we're learning a new skill? I also talked about how we sometimes freeze up our behaviors for other reasons as well, such as when we're afraid or hurting. Making ourselves more rigid and stable has its advantages. It also has its disadvantages. We can become stuck and unable to improvise and adapt when conditions change. Where do you freeze up and stop yourself? How? You may have found places where you felt stiff and stuck as you did the explorations in this chapter. I bet you also learned how you could change that, at least somewhat, for the better. Throughout these next few days, notice where you feel stuck, rigid, frozen in any of the five categories of pain in life. Here they are again to jog your memory.

D = daily activities pain

F = financial pain

Practice Plan

When infants are learning to sit, reach, or walk, they make lots of attempts before they're good at these tasks. At first, they have no way, no options to reach that interesting toy or walk several steps to mom's outstretched arms. Their efforts are unsuccessful, unstable, and unreliable. Do they give up and quit? No. They gradually progress from having no way, to having one way that's still unstable and unreliable as novice walkers, to having one or more ways that are stable and reliable as toddlers and young children.

It's pretty amazing how dogged we were as infants and toddlers. Karen Adolph and her colleagues have documented that infants learning to walk take over two thousand steps and fall an average of seventeen times an hour!¹³ If they do this for six hours a day, about half their waking hours, that's more than 12,000 steps and 100 falls each day. Yet, they persist!

Bernstein didn't come up with his ideas about learning skillful movement by studying babies, but they intuitively follow his learning advice pretty well. A key to changing behavior is repetition without repetition. Experiment with different times of day, different surfaces, different rooms, different durations. Mix things up.

Similarly, Anders Ericsson and his colleagues have observed that people who become expert professional musicians and athletes spend years practicing about four hours a day to get to Carnegie Hall and other big-time venues.¹⁴ By the way, you may have heard Malcomb Gladwell's version that it takes 10,000 hours to become an expert performer.¹⁵ His shorthand take on Ericsson's work doesn't quite capture everything that

Ericsson has learned from his years of studying how experts become experts, but you get the point. Practice, practice, practice.

On the other hand, how often do we bail out on learning something new as adults because we can't do it after a few tries? Keep this in mind as you're learning any totally new skill, making use of things you already know to construct a higher-level skill, refining an existing skill, or doing an awareness exploration. Now, I'm not asking you to do any of the activities in this book anywhere near 2000 times an hour or four hours a day. I am asking you to do these things more than once and to revisit them several times. Each time you do, you'll deepen your learning. You may well learn new things about how to do the activity better, and how it impacts other areas of your life beyond some physical movement.

As a reminder, these are the six elements you need to decide on for this week's plan.

- **Frequency:** decide and mark which day or days of the week you will practice one or more activity. Commit to at least one activity on most days, if not every day. Make it work for you. I've left the frequency days blank for you to label, so you can start your plan with any day of the week as your day 1.
- **Mode:** select the activity you will practice on each day you selected.

- **Intensity:** choose how many repetitions of an activity you plan to do. Think of this as **how many times a day**, not the number you will do in each practice session.
- **Duration:** set the approximate amount of time you want to allow yourself to do each repetition (intensity). I suggest up to two minutes, about five minutes, and around ten minutes.
- **When:** identify the time(s) of day or situation(s) you plan to practice each activity.
- **Where:** pick the location(s) for your practice session. This could simply be home, work, commute, play.

Here's the current list of modes.

Number	Awareness Exploration	My Abbreviation	Your Abbreviation
1	Get Your Bearings	GYB	
2	Breathe and Notice Variation 1: Scan Your Breathing Variation 2: Breathe and Know	B&N V1S B&N V2K	
3	First Impressions	FI	
4	Connect With Your Core	CWYC	
5	Core Moves, Arms Move	CMAM	
6	Move Your Extremities Without Moving (From) Your Extremities	MYE	

Design your exploration prescription for the next seven days.

Frequency	Mode	Intensity	Duration	When	Where

Remember why you're doing this by regularly reading or watching your *Be THERE Now Declaration*. All set with your practice plan? Go ahead, persistent one. Now, date and sign on the I COMMIT line.

FOR THE NEXT SEVEN DAYS, I COMMIT to the process of shifting my pain paradigm and taking the daily small steps that relieve my pain and move me from
HERE to THERE.

Date

Signature

There's no doubt about it. You made it to this point, so I know—we both know—you are in it to win it! Infants learning to walk got nothing on you. Keep practicing and moving toward your Carnegie Hall. Cheers for collecting your second star! Have fun coloring them!



Self-Check Answers

1. b, 2. a, 3. a, 4. d, 5. b, 6. b