

Client handout for

The brain and change

Why is it so hard to change?

What most people don't know is that when they think about a highly charged emotional experience, they make the brain fire in the exact sequences and patterns as before; they are firing and wiring their brains to the past by reinforcing those circuits into ever more hardwired networks.

They also duplicate the same chemicals in the brain and body as if they were experiencing the event again in that moment. Those chemicals begin to train the body to further memorise that emotion.

We are capable of reliving a past event over and over, perhaps thousands of times in one lifetime. It is this unconscious repetition that trains the body to remember that emotional state, equal to or better than the conscious mind does.

When the *body remembers better than the conscious mind* that is when the body is the mind. It is called habit.

We may consciously want to be happy, healthy, or free, but the experience of hosting years of suffering and the repeated cycling of those chemicals of pain and pity have subconsciously conditioned the body to be in a habitual state.

We live by habit when we're no longer aware of what we're thinking, doing, or feeling; we become unconscious. Being mindful is the first step of change.

~ Dr Jasmine Siang