



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 2 Transcript: Pause and Pivot

Hey everyone! It's been so fun to connect with you this week and begin to learn your stories, hopes and dreams for this year we'll be journeying together. There is so much content in this year long process, so let's dive in!

Today, we are going to learn a little about the brain and how we re-wire the brain for lasting change. I'll teach you the Pause & Pivot method; a practice I use with all of my clients to recover resilience.

Your brain loves patterns and fires within known experiences. That's why we so easily get stuck. But, discoveries in the last 15 years show that your brain can, and actually does, change. New experiences impact both your brain's physical structure and the way that it organizes thought, emotion and behavior.

Creating new neural pathways in your brain allows you to break out of old stuck patterns of thinking, doing, and relating. You have to create something "new and different" to break out of the norm. One way to re-shape the neural firing patterns in your brain is to simply focus your attention. You can re-wire your brain by intentional focus, attention and awareness.

It's like exercising a muscle group in a specific way. For instance, the more you serve a tennis ball, the more patterns you create for that action, and the more proficient you become. Likewise, the more you place your attention on something specific, the more you're able to connect with and experience it, thereby creating limitless possibility and potential for how you want to be in the world.

Change is dependent on experiencing something different, experience creates neural firing and neural firing re-wires new patterns. Through the Pause & Pivot practice, you harness the power of change.

The actual process the brain undergoes is quite complex, but the practice of creating significant change is rather simple. Here's how you create new experiences that then create the wiring needed for change.



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The method starts with Step 1: Identifying the **Pattern**

Like I said, awareness is your biggest ally and greatest resource in the process of changing patterns and having new experiences. Without it, you're unconscious of what it is you're doing that is creating the discomfort or challenge in your life. First, you will clearly identify the pattern you want to change.

Stop for a moment and ask yourself, "what are the thoughts, behaviors and emotions that are holding you back?" What do you keep doing that you've tried to white knuckle a different response? What is the emotion, when triggered, that leaves you feeling out of control, leading you to shut down or act out?

Clarifying the pattern is the essential first step in your process of change.

Once you've determined Step 1: Identifying the **Pattern**

We'll then move on to Step 2: Practicing **Pause**

This step will teach you how to take a step back, reflect, observe and mindfully notice when you are in your ingrained pattern. This is where you slow down time. It's like slowing down the train so it can get on a new track. Fortunately, our minds can switch on much more easily.

It will help you gain awareness by assisting you in asking, "What am I noticing while I...experience conflict at work, reach for another cupcake, yell at my kids, for example?" in a way that sets you up for successful change.

This step creates what neuroscientists call response flexibility by increasing your window of tolerance. Through practicing pause, you increase the space between what's happening to you and your reaction to it.



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Something to remember in this step to help you slow down is to feel your feet against the floor and notice your breath. This brings you into a state of awareness so you can consciously shift where you're placing your focus.

A perfect mantra for this step is "Find your feet, find your breath." This will support you in increasing your awareness around what you are experiencing in that moment, on all levels.

Which leads us to Step 3: Choosing to **Pivot**

Once you're aware of the **Pattern** you want to change, are able to slow down while in the pattern by practicing **Pause** and **Paying Attention**, you're ready to **Pivot** into something new and different; the way of being and doing you desire to cultivate. Remember, where you consciously place your attention is what creates new patterns in your brain.

So, in step 3, you consciously choose to engage in a new and different way with the things you want to be present to and the new thought patterns you want to create. Choose a different response. Have a new thought.

You will determine what the new pattern is that you want to create in your life. A simple example is moving from "I can't" to "I can."

So, for example: Step 1 is identifying the disempowering thought pattern, "I can't" Step 2 is becoming aware when you are having the thought, "I can't" and the behaviors, thoughts and sensations connected to it Step 3 is pivoting into the new thought pattern you want to create by consciously thinking, "I can," and choosing a different action from there.

Bringing us to Step 4: Engaging in Daily **Practice**

From the link provided, you can download the Pause & Pivot Method Daily Practice guide. This will support you in creating change as you move from your old pattern into something new and different.



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As we're just getting started, I want to remind you that you will likely drop the ball, mess up and feel like you've failed in this process, as well as celebrate an ever-increasing number of wins. This is why practice is essential. I encourage you to circle back to your daily practice guide and see what you can learn from this setback. Then, turn it into a come back and keep practicing.

You've been cruising on the super highway of this pattern, likely, for years. As you forge a new path, it will look more like a goat trail, then a dirt road, then a street and eventually a highway. That's why we are laying this as the foundation of this year long program. It takes practice.

I believe you can do this. And, you don't have to do it alone. Celebrate every small stretch of growth that you see and make sure you celebrate with the rest of us on our community page. Stay connected as we all put this new method into practice and be sure to download the action guide to support your process this week.