

Seven Habits Breakers of Highly Flexible People

Bill O'Hanlon, M.S., Possibilities, 223 N. Guadalupe #278, Santa Fe, NM 87501 USA
800.381.2374; Fax# 505.983.2761; PossiBill@brieftherapy.com; <http://www.brieftherapy.com>

I studied with psychiatrist Milton Erickson while I was in graduate school and wrote a paper on his approach in a psychotherapy class I took during that time. Half the paper was to be on the person's theory of pathology and half was to be on the person's theory of intervention. Soon after I began the paper, I knew I was in trouble. Erickson did not really have a theory of pathology, except perhaps: People get in trouble because they get too rigid. They develop problems when they keep doing the same thing, thinking in the same way and paying attention in the same way when they continue to experience problems or suffering. They should become a bit more flexible. So that part of the paper was quite short.

Here are some simple suggestions for things people can do to introduce novelty into repetitive patterns.

1. If what you are doing is working keep doing it
2. If what you are doing is not working do at least one thing differently or do one new thing
3. Find a new way to think about the situation
4. Find a new place to focus your attention
5. Change locations
6. Change your body behavior
7. Change the timing of how long or when you do the habit

Quote of the month: "Sometimes, when I consider what tremendous consequences come from little things—a chance word, a tap on the shoulder, or a penny dropped on a newsstand—I am tempted to think there are no little things." —Charles Handy