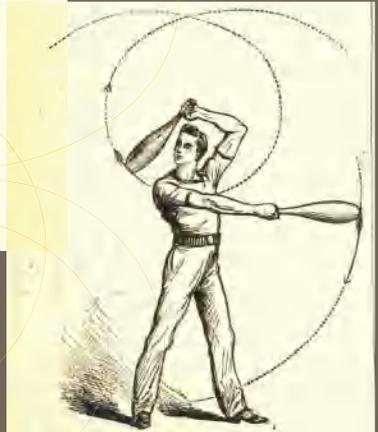
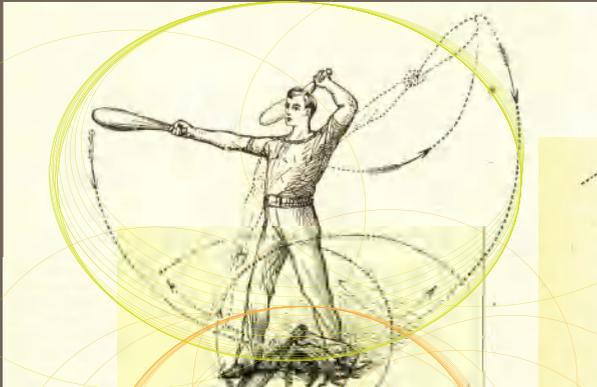


LEARNING TO **LOVE**

**YOUR GUIDE TO PERSONAL
EMPOWERMENT!**

Philip Be'er & Markus Fahrner



11. BEHAVIOURAL LOOPS

Children spend inordinate amounts of time learning how to do rudimentary things like walking, eating, brushing their teeth, and tying shoe laces

The first few times that a child does something new, even if it's something as simple as dressing themselves, the process involves thousands of very conscious nano-decisions. Here, for example, are some of the decisions that get made each time a child puts on a pair of pants:

- *determining which is the front side and which is the back side of their pants,*
- *determining how to orient the pants so that the leg holes are furthest away,*
- *determining how to insert a leg without losing balance,*

- *determining where and when it's appropriate to take off their clothing,*
- *determining which article of clothing goes on first and which goes on last.*

At first, this learning process occupies the child's full attention, but after a few repetitions, decision-making shifts from a conscious mode to automatic mode.

Every step in the dressing process becomes an unconscious Behavioural Loop (b-loop). Were it not for these behavioural loops, a child's brain would require so much processing power that they'd require a cranium ten times larger than the one they have. Processing the ongoing flood of information would cause their brain to overheat while depleting their body of nutrients.

This adaptation has enabled human beings to avoid processing paralysis, but it's come at a very high cost:

Once a process has been automated, you're no longer consciously aware of the nano-decisions that you're making.

Your internal decision-making processes are running on 'software' that was installed while you were still in diapers. You can update and upgrade that 'outdated software' by identifying your behavioural loops and re-patterning them.

EXERCISE

1. Make a list of thirty or more complex things that you repeat every day without thinking about each of the steps involved.
2. Describe ten or more aspects of your personal 'operating system' that might be overdue for an upgrade.

• notes • thoughts • doodles •