

# Neuroplasticity

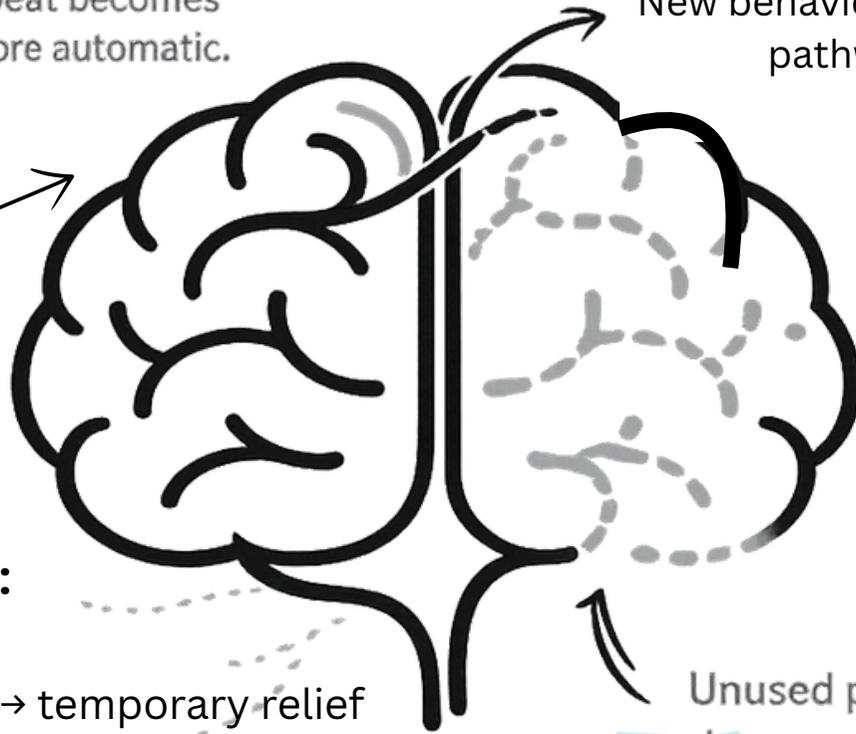
Repeated behaviour →  
strengthened neural pathway

What you repeat becomes  
easier and more automatic.

New behaviour →  
emerging neural pathway

New behaviours can feel harder because  
pathways are still forming.  
Keep going!

Pre-frontal cortex in the  
front of your brain,  
is where change  
happens.



## Example:

### Strong pathway:

Feel anxious → avoid the task → temporary relief

### New pathway:

Feel anxious → do one small part of the task  
anyway → anxiety reduces naturally → new  
pathway strengthens over time, and original  
weakens

Unused pathways  
weaken over time.

# Change your brain

<p><u>What do you want to change?</u> My automatic pathway (current pattern) “What do I tend to do automatically?”</p>	<p><u>What do you want to replace the old behaviour with?</u> My intentional new pathway (new behaviour) “What would I like to do instead?”</p>	<p>My progress</p>
		<p><input type="checkbox"/> Practised today <input type="checkbox"/> Practised this week <input type="checkbox"/> Not yet – but aware</p>
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