

## Improvement Versus Change

“Everybody loves the idea of improvement but nobody wants to change.” We know **less sensation in an area equals less function. But why less sensation?** At some point in time there was something we did not want to feel or remember or be aware of, so we created “out of sensation” in that related area. This is a decision we often make about a wound - “better not to feel than to feel that pain.” Part of us knows that change and the return of sensation and movement where it has been prohibited, may bring back into consciousness just the information we are choosing to avoid. Also change will mean new choices. And each new choice opens the possibility of many more new choices. It can be unsettling, even frightening.

What is reasonably built into us because of our priority of physical survival is: “If you are not sure, be careful. If you are really not sure, avoid!” So we can live our life prioritizing avoiding a negative over moving toward or taking a risk about a positive./;”