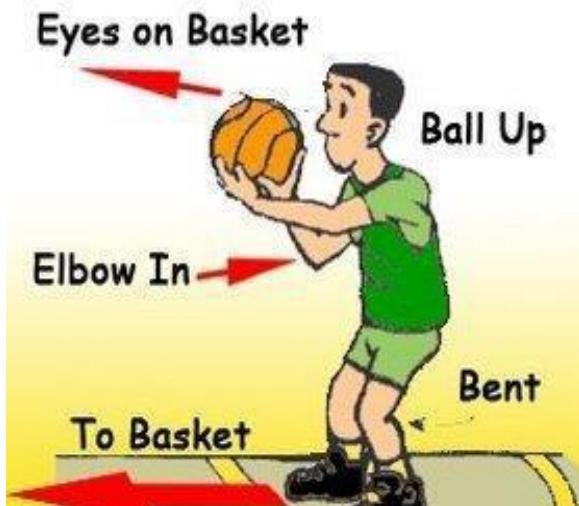


Neurospiritual

This section explains how the secret to overcoming an addiction is understanding neuroplasticity!



Say you're learning how to shoot a free-throw. If it's your first time doing it, you don't yet have a pathway for that movement in your brain. When you're first learning, your brain is like a forest full of trees and dense foliage with no clear pathway between point A and point B.

In order to improve your free-throw, you need to refine and strengthen the free-throw pathway in your brain. The way you do that is through practice. Practice gradually widens the trail through the trees (increases the muscle memory in your brain).

Eventually with enough practice, what started as a trail has become a full-blown highway. Now, you're a master, draining almost every free-throw and the movement is completely second nature. This is neuroplasticity. Halo Sports

“I would say that addiction is a kind of skill. The addict’s brain learns to efficiently identify and aim behavior. There's less prefrontal activation because it's the same behavioral routine repeating itself day after day, hour after hour.”

Dr. Marc Lewis

It would be hard, but a professional basketball player could stop all basketball activities and start learning and practicing baseball. Old (basketball) neural pathways would become weaker when used less (decreased learning and practice). New baseball pathways would grow stronger when they are used more (increased learning & practice). Likewise, it would be hard, but the addict could stop all drug use activities and start learning and practicing Christianity, fishing, hiking, etc., with the same results.





1. When learning to shoot a basketball free-throw, what is the state of the pathway for that movement in your brain?

Like a forrest full of trees and dense foliage between point A and point B.

2. What do you need to do to improve your free-throw?

Refine and strengthen the free-throw pathway in your brain.

3. How do you refine and strengthen the free-throw pathway in your brain?

Practice gradually widens the the trail through the trees (increases muscle memory in your brain).

4. Describe the process to becoming a master free-throw shooter?

With enough practice, what began as a trail has become a full-blown highway, as the movement becomes second nature (instinctual).

5. What is this brain process (learning to shoot a free-throw) called?

Neuroplasticity

6. Explain why basketball free-throw neuroplasticity could be compared to addiction neuroplasticity.

The basketball player was motivated by his desire desire to learn and practice shooting free-throws.

The addict is motivated by his desire for drugs, so he makes an effort to learn how to get and do his drug of choice. As he continues to practice he becomes highly skilled at supporting his drug habit.

7. Explain the brain process (neuroplasticity) of a professional basketball player becoming a professional baseball player.

When he stops playing basketball that pathway (muscle memory in the brain) becomes weaker and overgrown. And as he learns and practices baseball skills, that pathway (muscle memory in the brain) becomes refined an stronger.

8. Compare the basketball to baseball transformation process to an addiction to Christian transformation.

With a desire to overcome addiction, the addict quits getting high and begins to learn the skill of Christianity. Immediately his addiction pathway (muscle memory in his brain) will weaken. As he practices the Christian way of life, the fruit of the Spirit pathway (muscle memory in his brain) will grow.

What does good structure of our swing prevent us from becoming?



Too rigid

What simple movement can you make to improve your connection, flow, and structure?



Pinch arms together

Should your arms rest on the side or top of your chest?



Top of chest