

**Andrea M. Kulberg, Ph.D.**

Doctor's Journal

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### **General Recovery - Old Habits Die Hard**

Ever been frustrated that you've been unable to change your behavior patterns? Did you know that all of our behaviors, thoughts and feelings are represented in our brain in the form of electrochemical processes? Yep, everything we think, feel and do is initiated by complex networks of brain cells that talk to each other through electrochemical reactions. Some behavioral tendencies are inherited, but as we grow, our brains are constantly shaped by our environment and relationships. God created our brains to be flexible in this way so that we can keep changing/adapting until we die. It is never too late to turn around our behavior in any area. Still, when we acquire a new skill at work, play, or in a relationship, we are actually changing our brain patterns. It is often a very long, hard process. I often tell people that if it takes only *half* as long for them to change as it did for them to acquire their negative behaviors, they will be in good shape! Now, it usually doesn't take that long, because most of our problems begin in early childhood, and we learn more quickly as adults. But, this is one measure that will help us be more patient with ourselves along the way!