

## How Your Point of View Determines Your Language, Physicality and Results

### A Chart of Common Misconceptions and the Antidote Perspective

Our strategies reveal our points of view, our beliefs. We can identify our strategies by the words we use and what is happening in our structure. When we are operating with a point of view that is inaccurate to how we work, are designed or how the world works then we have indicators in our language and body. The chart below lays out frameworks of common misconceptions and the accompanying language and physical indicators as well as the antidote/ more accurate framework and changes in language and body.

Framework Belief Point of View Misconception?	Indication of the framework  Language	Indication of the framework  Sensation/physical	Antidote-More accurate framework or point of view	Indication of the framework  Language	Indication of the framework  Sensation/physical
<i>ARCHITECTURE</i>					
Postural Model	<i>TERRITORY</i> Positioning instructions like stand tall, sternum up, tighten abs....	Holding, toward rigid, long at expense of elasticity	Elastic Suspension system model	Setting up self- assessment: Can you tell when you are in center of support or not? (see stature hand- out)	Freedom to move in all directions, liveliness, freedom to express
<i>COORDINATION</i>					
<i>ACTIVATION</i>		<i>IGNITION</i>	<i>FUNCTIONAL</i>	<i>TERRITORY</i>	
<b>Framework/Misconception?</b>	<b>Indicator:Language</b>	<b>Indicator:Sensation/physical</b>	<b>Accurate framework</b>	<b>Indicator:Language</b>	<b>Indicator:Sensation/physical</b>
Manipulative model Consciousness is designed to position parts, focus on parts	“Doing the how” get loud, lift palate,	Excess effort, distortion of architecture	Coordinating system framework	Setting up natural intention for system to coordinate to. What happens. What you do clarity.	Effortless power

<i>ADAPTATION</i>	<i>LEARNING</i>	<i>TERRITORY</i>			
Framework/Misconception?	Indicator:Language	Indincator:Sensation/physical	Accurate framework	Indicator:Language	Indicator:Sensation/physical
Mistakes are bad	Make sure you I need, should, have to get this right Right/wrong language	Tension, fear, discouraged, give up, quit	We learn by going on and off target	Curious assessment of result of action. How close did you come to your target? Precise easy assessment – were high or low?	Joy, interest, fleeting frustration
Mistaking learning moment	This was bad, I want to give up. Failure thinking.	Give up or work hard. Sensation of failure or worthlessness	Learning Moment is the moment you recognize you didn't get target, your recognized you don't know something. Can be less pleasant than knowing but can use feeling of slight frustration to ignite you to keep learning.	Oh I see, here is something I know and here is what I don't know.	Curiosity, awe and your learning system, clear strategies to take the next step of learning.
Change habit by repeating desired change Muscle memory idea	Emphasis on repeating and practicing new way. "I have to remember to walk in balance"	Effort with little result Only get better result when thinking about it.	Change interpretation of habit and update to more accurate perception to change a habit. New neural-networks idea	Compare old and new way – rewrite the less desired action as a negative "This isn't walking, it is leaning back and feels strained, hurts."	More and more quickly perceive disadvantage, discomfort of past way and naturally shift to more desirable result.

<i>HOW THE WORLD</i>	<i>WORKS TERRITORY</i>				
Framework/Misconception?	Indicator:Language	Indicator:Sensation/physical	Accurate framework	Indicator:Language	Indicator:Sensation/physical
Get my worth or validation of happiness from others	Doubt language or pushy language Self-consciousness Fear	Compression Held Fear, anxiety	Understand I am in charge of my happiness.	I have an opinion I know my criteria	Fundamental presence
I cling to my wish, my want even though reality is different.	Should/need/wish	Grip	Ability to see reality even if unpleasant and then adjust	Clarity Acceptance of the facts and then action	More ease in the not so pleasant reality
Misunderstand knowing now for wanting to have known in the past	Could have	Regret feeling	Knowing now is the point	Here we go Let's do this new idea...	Eager to apply to knowledge
Believe you can control an outcome before it has happened	Make Sure, try	tension	You can set up chance for outcome but can't control it before it has happened	Give it a go, One more time, sing to find out how it goes today....	Freedom to sing and
Setting a standard without evaluating possibility of achieving the standard. Misunderstanding how learning work	Not good enough language	disappointment	Being clear of what is possible and understanding learning and growth happens as you freely and full carry out your current skill level	Joy in the music and the making of it.	Joy
Time: not doing the math of how much time things take and what is possible in the time frame you have	Never enough time	Rushed, stressed	Accepting can't do everything you want and accurately determining what is possible	Quick but not rushed Organized Able to say 'no'	Less stress in "stressful" time.