

Re-Training your Brain for RCA

(or conquering your avoidance monster)

Everyone has to do things that are annoying, boring or just get in the way of doing other things. As we get older, the expectations for what we are supposed to be able to do by ourselves get more complex too. This is called RCA.

For example, when you were 9 or 10 it was sort of okay to “forget” to pick up your clothes without a reminder. In fact, many kids who are younger get so used to being reminded and cued to do things that they’ve trained their brains to just WAIT for someone to tell them what to do. It may not even be on a conscious level, but they just wait to be told.

The problem is that you begin to believe that you can’t do those little things because you’ve been told your whole life how and when to do them. Here’s the other problem... other people in your life start to think you can’t do them either because they spend so much time teaching and reminding you how to do things.

Well, the time has come to RE-TRAIN your brain to conquer the avoidance monster. At some point we all have to “step up” and start to be more like a teen and then an adult. Your time has come. Look at the table below and start to think about which things you can begin to do on your own.

Situations	1	2	3	Strategy Code
I like the responsibility and can do this				
I’m okay at this but others still think I can’t do this				
I would like to step up and do this more often				
I still need some help remembering and learning about this				
I know how to get out of this and I do it whenever I can				