

The Formative Body Dialogue.

(Gerhard Zimmermann April 2010)

The body adapts to behavioural challenges by contraction and/or expansion. In formative language the adaptation to challenges are described as motile, porous, rigid and dense. These muscular patterns are the basis of our behaviour. Just *wanting* to change a behaviour that is not functional or dissatisfying is often not sufficient. An experiential procedure, called the formative body dialogue, has been empirically proven to facilitate and support a parasympathetic dominated malleable state that allows us to perceive present reality in an expanded way and to alter it in micro steps.

The formative dialogue should be practiced in a gentle and self-regulated way with respect for individual boundary needs. With regular practice it step by step broadens the possible personal scope of action. At the same time this dialogue increases the sense of safety and self-possession by developing an inward structure (personal space) with malleable boundaries. Also more self-cohesion and self-appreciation may grow with repeated practice and time. The aim is not a temporary peak experience, but a lasting transformation of behaviour that leads to a more creative and satisfying way of shaping one's life.