

Arthritis and Self Confidence

By student, 80 years old

I have been a student of the Alexander Technique for 8 years. I started because I had arthritis which has improved tremendously. I have experienced other benefits as well. One of these is an increase of self-confidence. Previously, if someone was doing a job for me, I always used to be reluctant to say how I wanted it done and consequently I often put up with an inadequate result. Now I realise that, as it is work being done for me, I have a right to ask for what I would like and for what I consider best. When shopping, I will not be persuaded into buying something which is not really what I want and I do not feel embarrassed about refusing. Also, I am better about saying NO to things I do not want to do and I feel that I am right to be more self-assertive.