

## **Please Sir, it wasn't me**

By Anonymous

Studying the Alexander Technique makes me realise that for most of my life I have been misusing my body, developing habits that feel natural and right but are actually wrong. It is not easy to accept this, perhaps the fault lies elsewhere. I could blame my parents or my teachers or some role model, or, since I suffer when some part of my body adjust, why not blame my Alexander Teacher? I like life to run smoothly, so a self-pitying mood can find me asking the question, is it all worth it?

STOP, Inhibit, analyse... or in other words, think...

I know that I am on the upward path not the downward one of increasing incapacity. In spite of getting older I am fitter than I was several years ago. I am more supple, breathe better and move more easily than I used to.

So, I have made a resolution, no more self-pity, my future is bright, it is with Alexander.