

Alexander Journal

Over the next three weeks, complete the following questions designed to give you more specific information about how you use yourself on a habitual basis.

1. Where in your body do you notice excess tension or holding?

2. What are some of the thoughts/emotions/feelings that accompany this tension?

3. What do you notice as you try out the directions: "neck free, head to go forward and up, and back to lengthen and widen," on a regular basis?

4. What activities do you do that make it challenging to use yourself well and apply Alexander's directions? (For example, acting an emotionally charged scene, singing high notes, etc.)

5. What would make it easier?

6. What habits are you practicing to inhibit? What do you notice from that?

7. How are you experiencing Alexander's concept of Direction?

8. How often do you catch yourself end-gaining? What activities, thoughts, situations, etc., tend to lead you to end-gaining?

9. How will you remind yourself to inhibit end-gaining behaviors/muscular responses?

10. Choose one negative muscular response to a primary stressor in your life and commit to inhibiting the negative response for the next 3 weeks. What do you notice?
