

Competing Response Practice

Habit reversal · Use: in session, then home · Cockpit segment 4

How Bobby's sheet was filled in. Main technique: a chosen movement when the shoulder and neck build-up starts.

Before you start

- A calm alternative, not holding it in. Choose it with the team; the physio can fine-tune it.
- Not for altered awareness, falls or anything seizure-like: follow the team's episode plan.

Plan the switch

The movement	First thing I notice	What I do instead	What I noticed
Sudden shoulder and neck jerk	uncomfortable build-up, pressure in my neck and shoulder	Slow breath out, shoulders down and back, neck long	The urge rose, then eased

Notice, pause, compete, return

- One target today. The build-up is the cue to notice.
- Home: slow practice when calm, twice a day, when the symptom is absent or mild.

Mini experiment: compare, not pass or fail

	Familiar pattern	Competing response
What I noticed first	The build-up	The build-up
How much attention was on the symptom	Nearly all of it	Less: it was on the movement
How it felt	Hard. I fought it.	Easier, deliberate
Afterwards	Kept checking	Back to the task sooner

Competing response from habit reversal (Azrin & Nunn, 1973). Mindspan house sheet Habit 02 is original text.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call 000. 24/7 support: Lifeline 13 11 14 · Beyond Blue 1300 22 4636.