

## So We Are Not Perfect!

Okay so this blog is all about making changes in our own behavior. This is an incredibly difficult task, and takes real work on a daily basis.

**Try this.** (This is a great exercise to do with your partner). List 2-4 flaws that you personally have. They can be anything, personality wise, overweight, etc. If you can't think of any flaws then just ask your partner! I would be surprised if this is the first time you have noticed the flaw. I also bet you have tried correcting the flaw in the past, but it still persists.

For example one of my flaws is I'm [impatient](#). I know I am, I understand that I am and even if I really focus on being patient, too often I slip back into a state of impatience in certain circumstances.

**Try it.** Focus on one of your flaws and try changing it over the next few weeks. Hopefully you can. Most often we struggle. Whether it is smoking, drinking, eating poorly, being impatient, etc. We are very much creatures of habit and it is often difficult to change. Best of luck.

BEFORE YOU CAN THINK OUTSIDE THE BOX, YOU HAVE TO BE SMART ENOUGH TO KNOW THAT THERE IS A BOX.



**A. Farthingsworth**

### Follow The Leader?

Just like [lemmings](#) marching into the ocean to their death, the American people are not too dissimilar. Most Americans over eat, take pharmaceutical drugs, and are stressed out trying to make as much money as possible. Of course that list goes on and on and on. We all follow the exact same lifestyle habits, we all get sick and we keep repeating the process, and no one seems to even notice! Not you, no not the chiropractic patient, you have found a better way. Now we have to tell the other lemmings.

One of my favorite quotes is: "Before you can think outside the box, you have to be smart enough to know that there is a box." ~ [Clark Vanderpool](#) creator of [A. Farthingsworth](#)

Chiropractic is filled with ideas that are different from the mainstream. As you begin to learn about the chiropractic paradigm, take it slow and simply ask yourself what makes the most sense to me?

### [Shifting Your Paradigm!](#)

Make a list of as many things as you can that you know and understand as a chiropractic patient, that you are pretty sure you did not understand before your first chiropractic office visit. Here we are attempting to identify the different paradigms between chiropractors and the general population.

So now help others think outside the proverbial box. Explore the chiropractic principles with them. Open up their minds in all new ways. Get them excited to discover chiropractic. They can experience profound changes in their lives and that can happen right in our office!