

# Significant event

Psychology



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Significant Event of the of the Significant Event Strong people are harder to kill than weak people and more useful in general ----- Mark Rippetoe

It takes but one momentous event to create a strong and everlasting impression upon a person's psyche. My personal experience in this context, which I will describe shortly, vindicates my contention.

During my middle school days, I had a very close friend, with whom I used to go roller skating on the sidewalks of our locality. One day my friend, in his unbounded enthusiasm, went faster than usual, lost control and collided with a lamppost. He fractured his tibia and could not stand up.

The groans of my friend ring in my ears eerily even to this day. I was terribly agitated on observing the terrible predicament of my friend, who was writhing with pain on the sidewalk. In my desperation to assist him in whatever manner possible, I tried to shift him and make him rest against the very same lamppost that he had collided with. This proved to be a feat that was beyond my strength, and after several unsuccessful attempts, I was forced to admit defeat.

In the afternoon of the same day, I came across the book ' Starting Strength' by Mark Rippetoe. I casually leafed through it and in a trice, without my realizing it; I was deeply engrossed with this tome on powerlifting. It was not long before I forayed into a gymnasium and commenced to do the powerlifts as recommended by the redoubtable Rippetoe.

The iron game had truly begun in real earnest and I soon became familiar with the lingo and lore of this activity that segregates the weak from the strong. Soon I was well versed with barbell squats, deadlifts, bench presses, bent over barbell rows and overhead shoulder presses. These terms became tangible and were no longer in the realm of the unfamiliar. Needless to state,  
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I became very strong, and have not felt inadequate or weak in helping others.

The principle of stimulus – response governs the universal notion of behaviorism (Learning – Theories, 2012). Similarly in my experience, the event described above made me realize that physical strength was crucial in life and this induced me to take up powerlifting. Without such insight, I might not have embarked upon this course of action.

Such is the power of a strong impulse, when one deeply cogitates about it and then most importantly acts upon it. The mind is truly the master of the psychosomatic entity that we term human being.

#### List of References

Learning – Theories. (2012). Behaviorism. Retrieved May 28, 2012, from <http://www.learning-theories.com/behaviorism.html>

Rippetoe, M., & Kilgore, L. (2007). Starting Strength. 3118 Buchanan, Wichita Falls, TX 76308, USA: The Aasgaard Company.