



Week Five

Developing Emotionally Self-Regulated and Kind Supporters The Human Predicament PART ONE



How often do power struggles compromise the quality of the supported person's well-being?

A minimum of 40% of incidents of heightened anxiety, agitation, aggression result from or are significantly influenced by generally good and caring supporters' unintended and unaware loss of mindful emotional self-regulation.

This often results in power struggles and other antecedents often induced by the supporter.

Why might the average good and caring supporter become emotionally hijacked into power struggles that can cause heightened anxiety for the person they support?

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Understanding the Set Up “The Human Predicament”



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Definitions to Better Understand the 'Set-up'

Over each 24 hour period, we can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when we are asleep in our bed.

Semiconscious: (autopilot) (5)

- like how we typically drive our car, relate to people and do most 'doings'.

Fully Conscious: (self aware) (10)

- like when we are paying attention – noticing **what** we are doing e.g. how we drive when a police car is following us;
- knowing **that** we are doing it and
- knowing **how** our **body's sensations, feelings and thoughts** are reacting to what is happening.

Subconscious:

- our data bank of 'files' that we inherit and develop.

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Life's Set-up

Understanding The Main Sources of Our Loss of Emotional Self-Regulation

- **To survive in the early, dangerous Paleo jungles, we needed Quick and Simple Reactions to solve life threatening problems.**

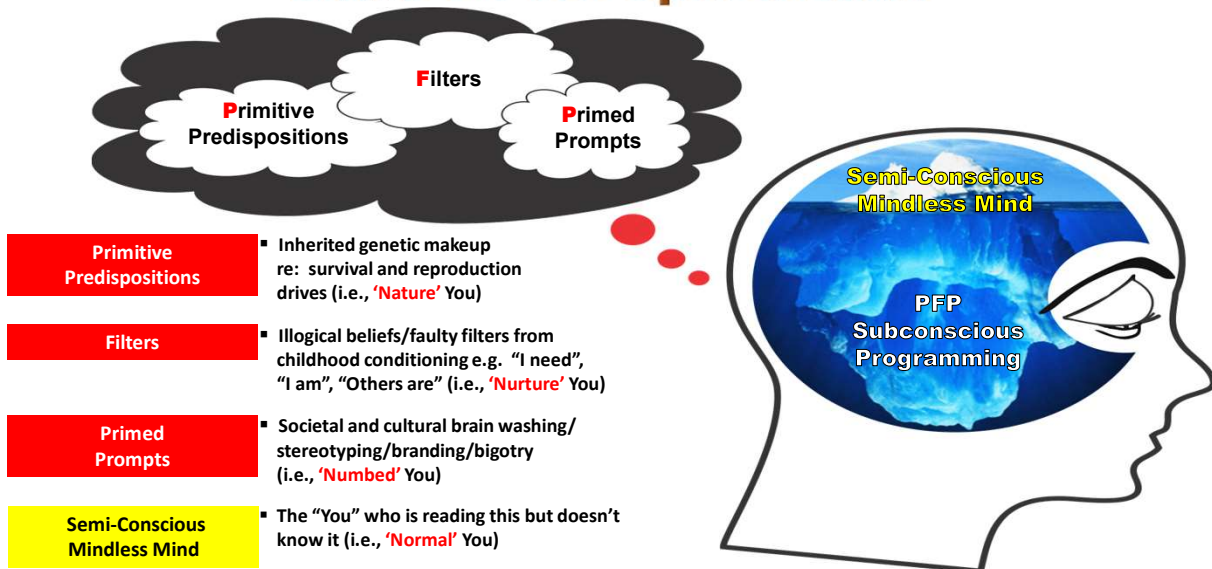
"Our Brain hasn't changed much over the last 50,000 years."

Dr. John Ratey
Associate Professor of Psychiatry
Harvard Medical School

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What Do We Speed Dial?

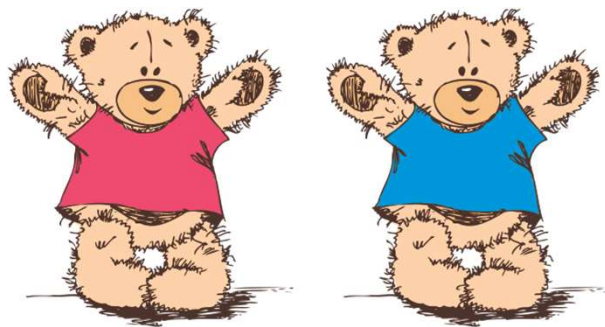


Because **PFP** So Controls Our Life – We Call It PFP Prison

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Example Of A Primitive Predisposition



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Understanding Our Filters' Part of PFP

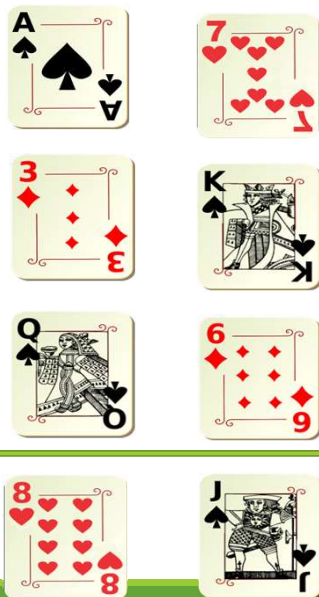
Understanding the Filters' Set-up:

We start our life perceiving that “**I am weak and vulnerable,**” both emotionally and physically. We therefore groped for ways to feel secure through inclusion in our family (the herd). This gives a sense of counting for something and connection which our brain registers as being safe and secure.

To figure out how to meet these needs, we became a **good mind reader**.

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How you learned to read minds to get included and protected and in so doing, became you i.e. got programmed with rules about:

- *I must be*
- *Men are*
- *Women are*
- *The world is*

and
Who my 'In-Group' is

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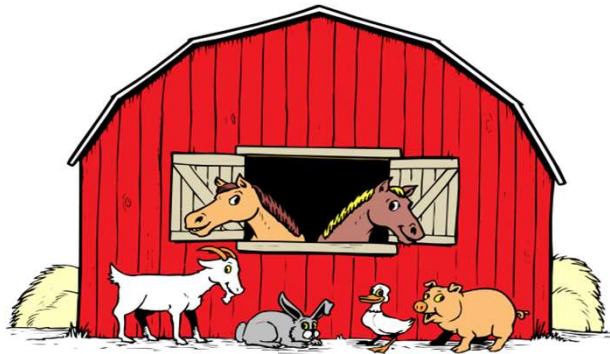
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Examples of Filters

- I think that **I need to be in control** or not out of control of most situations and people in order to feel okay.
- I think that **I need to be right** and above criticism in order to feel okay.
- I think that **I need approval** from important people in my life in order for me to feel worthwhile and okay.
- I think that **others and life must treat me fairly** otherwise, I have a God-given right to feel awful.
- I think that **I must be included** or not be excluded from social situations that I feel are important in order for me to have adequate self-worth.
- I think that **I need to be superior** to others in order to feel okay and worthwhile.
- I think that **I need to achieve and be busy** in order to feel okay and that boredom is very emotionally painful and anxiety producing.

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How many farm animals do you see in this picture?

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*Now tell me what you **first see** in this picture.*

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MRI Research

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Priming Problems

Possibly one of the most serious brain primes that negatively impacts current services is most **supporters' limited beliefs regarding the potential** of people who we are supporting.

As we observe the highest level of a person we support experiencing life, know that this is probably representative of the lowest level of their potential.

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PFP Prison's Mostly Unknown Causes For Less-Than-Optimal Support



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Do We Have Limited Free Will to Make Optimal Choices?

- Think of any city in the world.
- Now think of another city.
- Think of someone you know.
- Now think of someone else you know.

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Let's Explore Our Capacity For Free Will – Optimal Choices.

- Why did you think of the first city?
- Why didn't you think of the second city first?
- Why did you think of the first person?
- Why didn't you think of the second person first?

Really – did the you who is listening to me actually plan and decide what city or person 'you' would think about

or

did it just pop into your mind as directed by your PFP subconscious?

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More Of “The Human Predicament” of Being Semiconscious Indicating Limitations Of Free Will To Think and Feel

- Do you know what your next thought will be before you have it?
- Do you have incessant talking thoughts with yourself all day long?
- Can you stop these thoughts at will for even 15 seconds?
- When you are emotionally hijacked, how long does it take you to realize it and stop it?
- Would you share all the thoughts you had yesterday with anyone?

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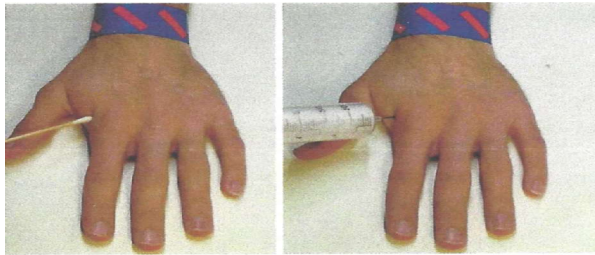
**Might this Limited*
Free Will Prison be Compromising Some of the
Quality of Our Support?**

*** That is if we are only semiconscious i.e. mindless**

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Is Everyone's Brain Designed to Devalue People?



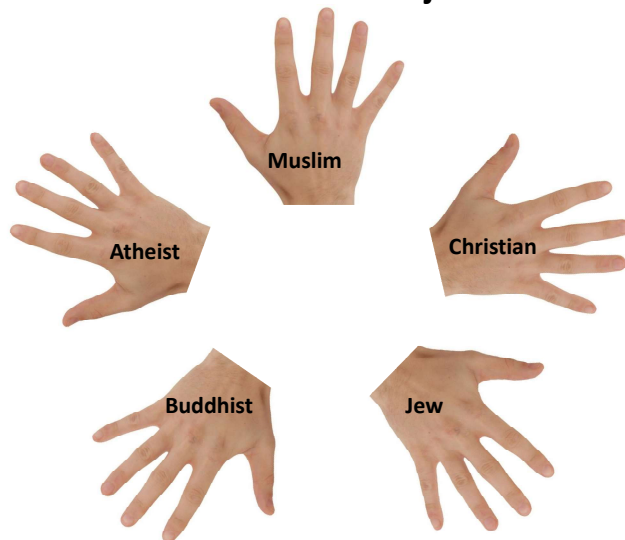
MRIs indicate that most individuals' brains react with strong pain empathy when they witness this painful procedure.

Provided.....

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...the brain relates to the injured hand as being a lot like its own!



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Managing Information Overload Results in Inattentional Blindness

Because of only 60 bits per second of data processing capacity, **our brain filters out** much information that comes our way. This filtering prioritizing is based on what it remembers is important and meaningful to it at the time, e.g. what it believes and wants to hear. We therefore **miss buildings, pain, and other truths.**

*Might our brain's limited energy and narrow band width
be compromising some of the quality of our support?*

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Focusing and Concentrating

The brain needs to be focused and this makes it feel safe. More and more in great part because of the speed and sensory stimulation of electronic devices, **our brain is being trained to lose focus quickly** if the communication is not fast and multisensory appealing.



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To summarize, internationally published and peer reviewed neuroscience research indicates that our brain (not the mindful you):

1. makes things up based on PFP directives;
2. has a serious 'thinking' problem;
3. is prejudice against one's out-groups;
4. is cognitively biased and addicted to opening existing 'old files' versus new files;
5. needs to process things very, very fast and therefore demands simple and easy solutions;
6. is losing its power to focus due to devices' screen addiction;
7. is programmed from childhood with many illogical and outdated programs of "I must, and should".

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So then

Could it be that PFP Programming, at times is causing or seriously contributing to how we offer significantly less than optimal support?

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