

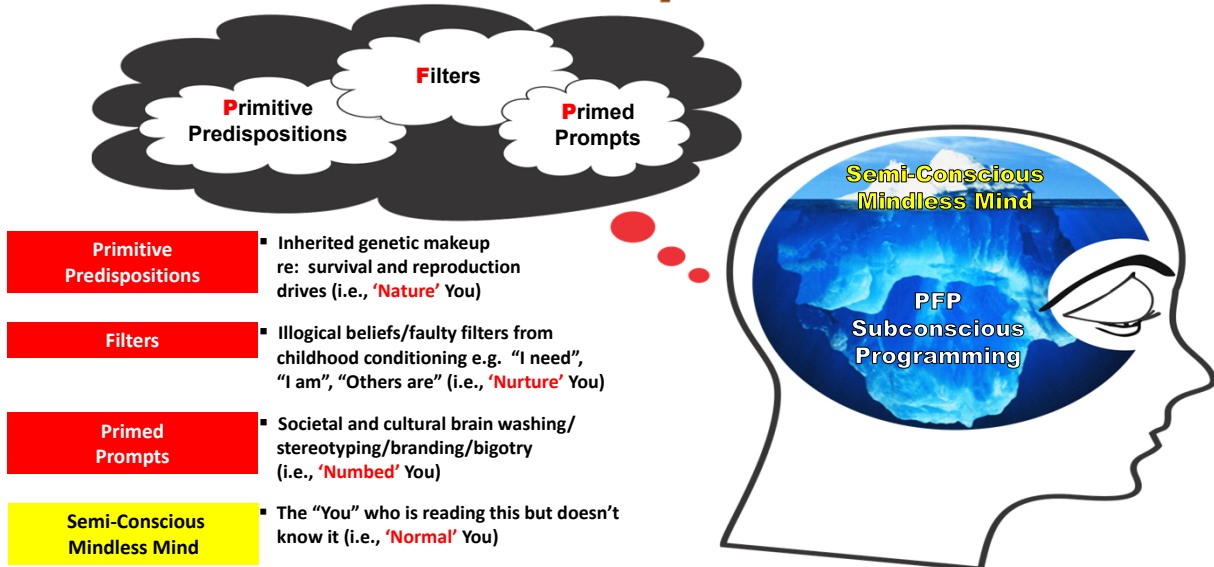


Week Six The Human Predicament Part Two



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What Do We Speed Dial?



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

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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 is programmed from childhood with many illogical and outdated programs of "I must, and should".

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Discovering and Disengaging from Faulty Filters



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**When a pick pocket meets a saint –
All he sees are the saint's pockets.**

Ram Dass

Why Bother?

You will find that discovering and disengaging from Faulty Filters is particularly helpful to you if:

- you logically know that you over-react to a certain situation or person but just can't pull yourself out of it;
- throughout your life you have had difficulty feeling close to another or have fallen out of a relationship with someone and really can't explain why (except to blame others);

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- you realize that what upsets you wouldn't or doesn't seem to upset others nearly as much as you, or that different things upset them but not you and you don't know why.
- you feel that certain situations need to be changed now; others would generally agree that it is important, but your urgency is a little over the top. This is often a clue that you are being driven by your filters in this situation.

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Understanding the Set-up

The child starts life perceiving that “I am weak and vulnerable,” both emotionally and physically. Therefore, they grope for ways to feel secure through inclusion, which gives them a sense of counting for something and connection in the “herd”/family. To figure this out, they become a good mind reader.

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- With these deeply-rooted primary directives, the child observes and makes quick (usually very incomplete) judgments about how to win this game.
- The child learns very quickly what will bring reward (inclusion) and what will bring punishment (exclusion) and acts accordingly.
- Here many highly subjective judgments are made that soon become **filters** through which all adult life situations must pass and be tested.

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.

‘Filter Rules’ define a person’s gifts and assets, as well as their self-limiting beliefs, difficult feelings and maladaptive behaviours.

They create their own **subjective reality**, a “private illogic” that is learned up to the age of twelve.

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Everyone develops Filter Rules as they attend “somebody school” from age zero to twelve. This includes people with intellectual disabilities. The three most prevalent Filters for people with intellectual disabilities are:

- **I must be pleasing,**
- **I must be in control,**
- **Life must be fair.**

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Filters not only define us, they define our reality.
“When I think I am a hammer, everything looks like a nail”.

***I can win an argument on any topic against any opponent.
People know this and steer clear of me at parties.
Often as a sign of great respect, they don't even invite me
anymore.***

Lily Tomlin

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With insights into our personal filters and mindfulness skills, we can reframe filters to be positive and less addictive, driving, and gripping.

With mindfulness skills, we can “rewire” our PFP programming to be much more aligned with our ideal selves (i.e., create a ‘me’ version, 2.0) , rather than the programmed PFP self.

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Factors Influencing our Programmed Priorities/Filters



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The Birth Order Influence



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Heredity

- physical problems, for example delayed social or intellectual development gifts

Family Atmosphere (climate at home)

- Competitive vs. cooperative
- Authoritarian vs. egalitarian
- Critical vs. encouraging
- Excessively high standards
- Overly-protective
- Pampering/spoiling
- Lots of messages that we must impress others

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Family Values (Mom/Dad “ideals”)

- honesty
- caring
- hard work
- orderliness
- impressing others
- being good

Role Models

How does Mom/Dad behave that makes the child feel secure/worthwhile or insecure/inferior? As an adult, this same behaviour will be sought or resisted.

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Filters in Action Fruitful and Faulty



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<i>Description of PFP filters</i>	<i>Assets (to be enhanced)</i>	<i>Potential Barriers or Limitations (to be overcome)</i>
<i>I must be in control and/or I must not be out of control</i>	- takes charge - excellent doer - excellent problem solver - well organized - good decision maker - questions authority, therefore a good advocate	- can alienate others due to take-charge attitude - overly prone to power struggles - anxious when not in control –entrains individual to fear - resists new approaches or coaching activities - does not receive criticism well - needs to have own way
<i>I need to be right or I need to get it right</i>	- very high standards of support that is offered - follows direction/authority - can be well organized - excellent verbal and written skills - high fairness value	- fear of embarrassment limits inclusive activities - only offers support that is 'tried and true' - more limited creativity - not a great decision maker - critical of others when high standards are not met - takes criticism poorly - conforming, therefore not a strong advocate - sensitive, easily hurt

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<i>I need to perceive approval or being liked by others for my actions</i>	▪ higher than average compassion (however conditional on being appreciated) ▪ consistently good moods and pleasant personality ▪ very thoughtful ▪ non-critical of others ▪ above average fairness to others ▪ strong intuitive skills ▪ excellent social skills	▪ compassion is dependent on the person supported being appreciative, likeable ▪ fear of embarrassment from looking bad limits ▪ sensitive, easily hurt, so support can be inconsistent ▪ not a strong advocate with professionals when needing to challenge authority ▪ too conforming to advocate for change
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<i>I need to be treated fairly (as I define fairness)</i>	▪ above average fairness to others, therefore a very good team member ▪ excellent social skills ▪ very thoughtful ▪ highly motivated to be of service and compassionate when the need is obvious ▪ openly appreciative when treated fairly ▪ excellent advocate for Individuals	▪ can be self-centred when a sense of entitlement drives the sense of fairness (limits potential as a supporter) ▪ can be moody, even vengeful, if treated unfairly ▪ often perceives rejection and so limits extent of caregiving and supporting ▪ prone to power struggles (covertly and overtly) if unfairness is perceived
<i>I need to feel self-righteous</i>	▪ prone to be "good" (morally and socially) ▪ high standards of accomplishment ▪ hard worker ▪ good with personal support ▪ idealistic	▪ too often self-righteously judges or criticizes others ▪ need to look and be good and conform can make me a poor advocate to change/improve services

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<i>Description of PFP filters</i>	<i>Assets (to be enhanced)</i>	<i>Potential Barriers or Limitations (to be overcome)</i>
<i>I need to be busy</i>	▪ very hard worker on any team ▪ excellent involvement in inclusive community activities ▪ exceptional energy ▪ good decision maker and problem solver ▪ broad range of interests ▪ good at personal support, homemaking	▪ critical of other team members ▪ standards of support can be below standard as activity, being busy, is the real need ▪ low feelings of job satisfaction and fulfillment ▪ becomes bored easily ▪ worry and anxiety can result in looking for conflict to relieve these feelings

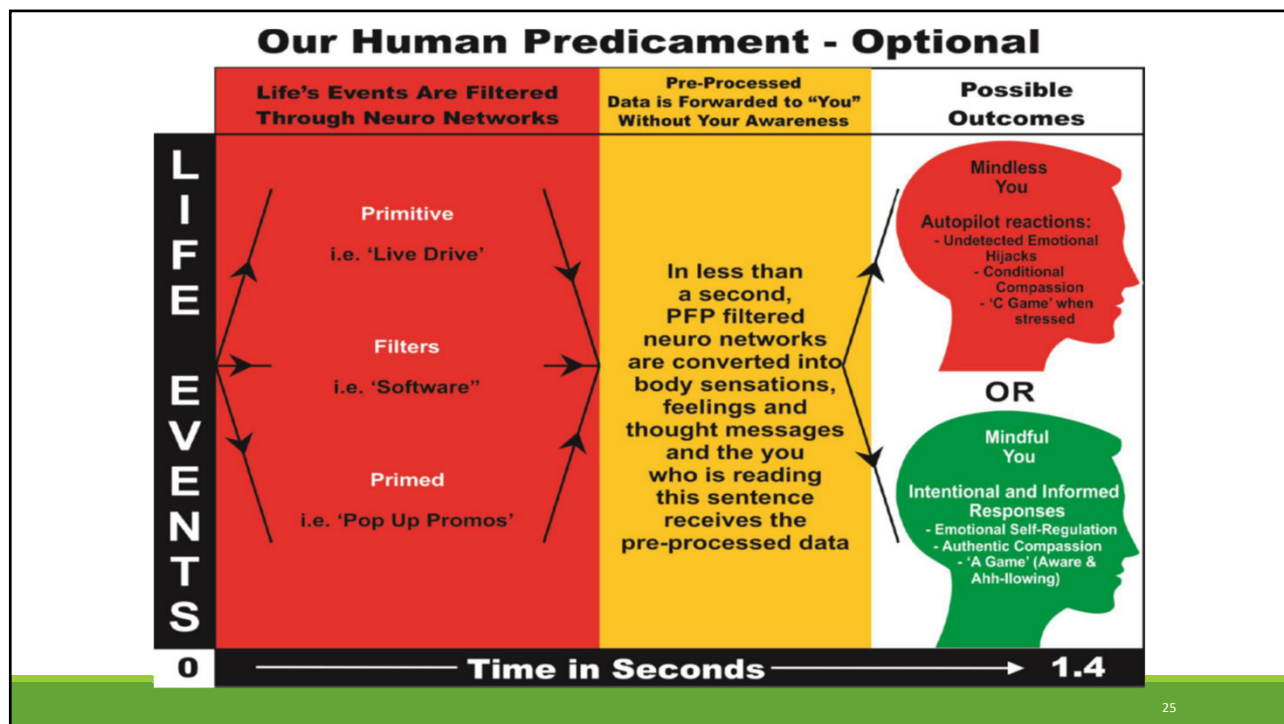
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<i>I need to be included</i>	▪ when I perceive being included, I am an excellent contributor to the support team and the person supported ▪ conditional kindness and compassion ▪ open to trying new activities ▪ inclusive community advocate ▪ good with personal support	▪ when I perceive not being included in team planning or activities I feel hurt and excluded and often “emotionally” check out of the support team ▪ sensitive, easily hurt when I perceive not being the person’s favourite supporter
<i>I need excitement to feel okay</i>	▪ a good justified risk taker, will try new support initiatives ▪ a make-it-happen person ▪ a team motivator ▪ a visionary and ideas person ▪ fun-loving adventurer	▪ can go looking for trouble or argue – just to have some action. ▪ not big on details ▪ not big on completion and follow through after initiating a support activity ▪ attention to support needs can be limited

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