

Good Life Engine

9.11.2022

Kalle Airo

Wise Mind



**Write down what you need
to do later today.**

**Then forget about that for
the duration on this session.**

Goal of this session:
Actionable insight &
practical tools

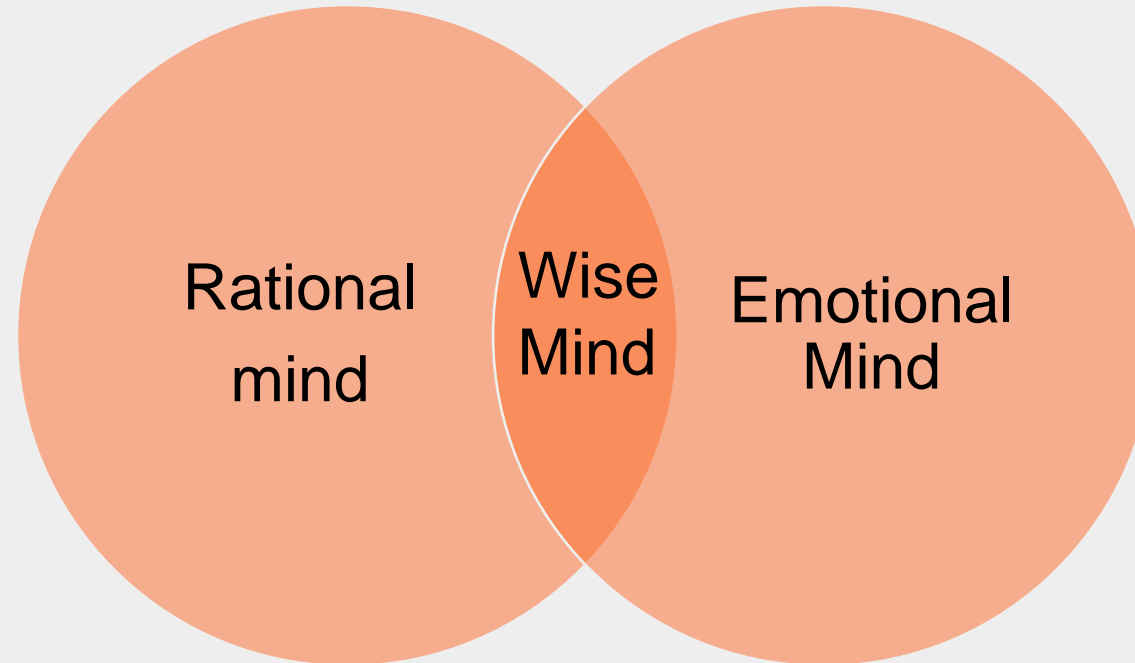
This is not therapy

**What do you want to learn
today?**

01

Wise Mind in Practice

The Three Minds



Rational Mind

- Rational mind is cool, task- and logic-focused, and pragmatic.
- It's great for making careful decisions, analyzing facts, and getting through a crisis.
- However, no human can be purely rational

Adapted from: <https://www.quickanddirtytips.com/health-fitness/mental-health/wise-mind>

Emotional Mind

- Emotional mind is hot, feelings-focused, intense, and more volatile.
- It's great for sparking inspiration, highlighting important values, and fueling actions.

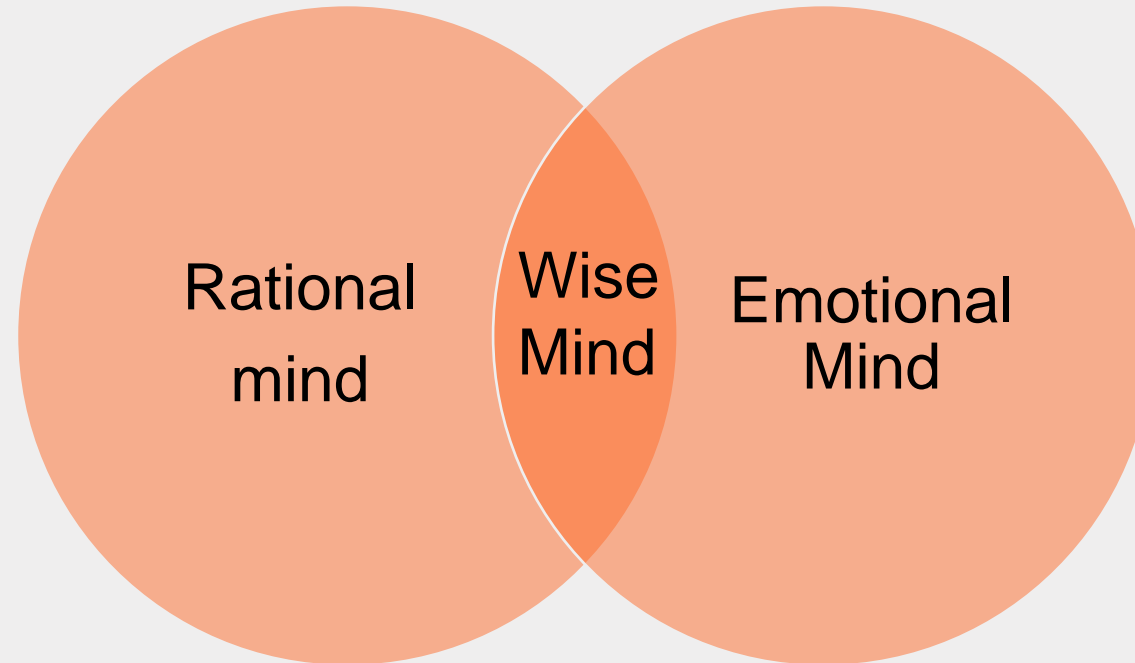
Adapted from: <https://www.quickanddirtytips.com/health-fitness/mental-health/wise-mind>

Wise Mind

- Wise mind is grounded, intuitive, and balanced. It integrates the best of both worlds—it's rational *and* emotional.
- It rightfully respects emotion as a driving force towards values and rightfully respects reason as the method for implementing values.
- Wise mind allows you to make the most grounded, useful, and fulfilling life choices

Adapted from: <https://www.quickanddirtytips.com/health-fitness/mental-health/wise-mind>

The Wise Mind



Muddiest point

What do you want us to clarify more before we move forward?

Wise Mind in Decision Making

- Form a question
- Activate the rational mind:
 - List rational benefits and drawbacks
- Activate the emotional mind:
 - List emotional benefits and drawbacks
- Sleep on it (do not skip this step!)
- Make the decision

Scorecard for Wise Decision Making

	Option 1	Option 2
Rational benefits		
Rational drawbacks		
Emotional benefits		
Emotional drawbacks		

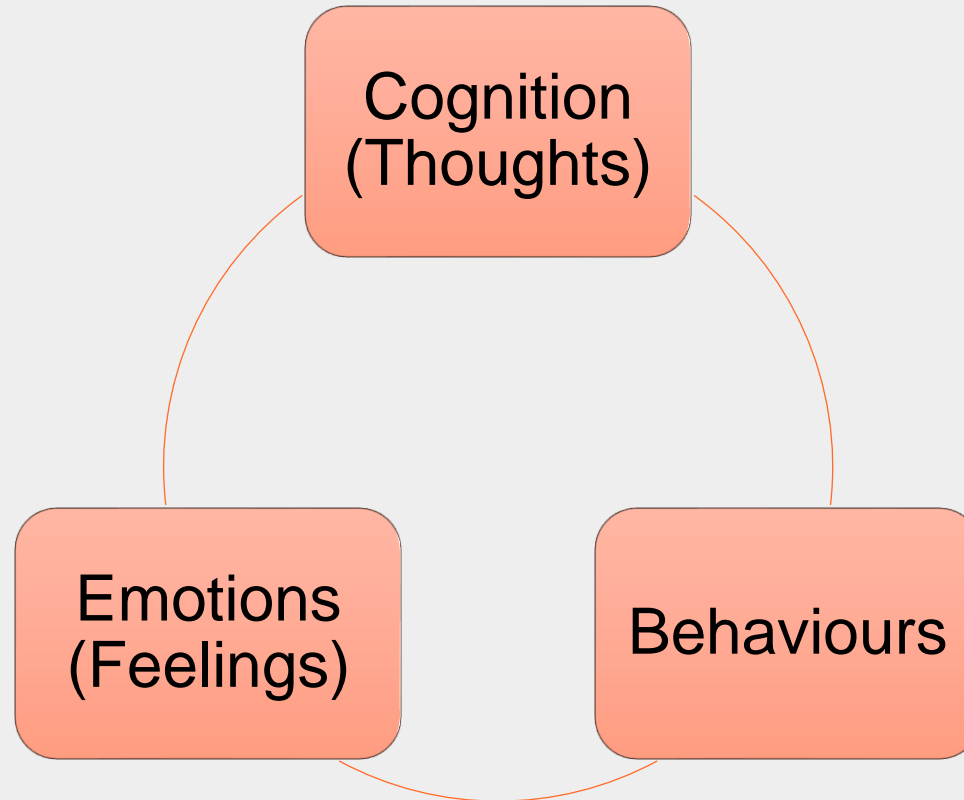
Muddiest point

What do you want us to clarify more before we move forward?

02

The Cognitive Triangle in Action

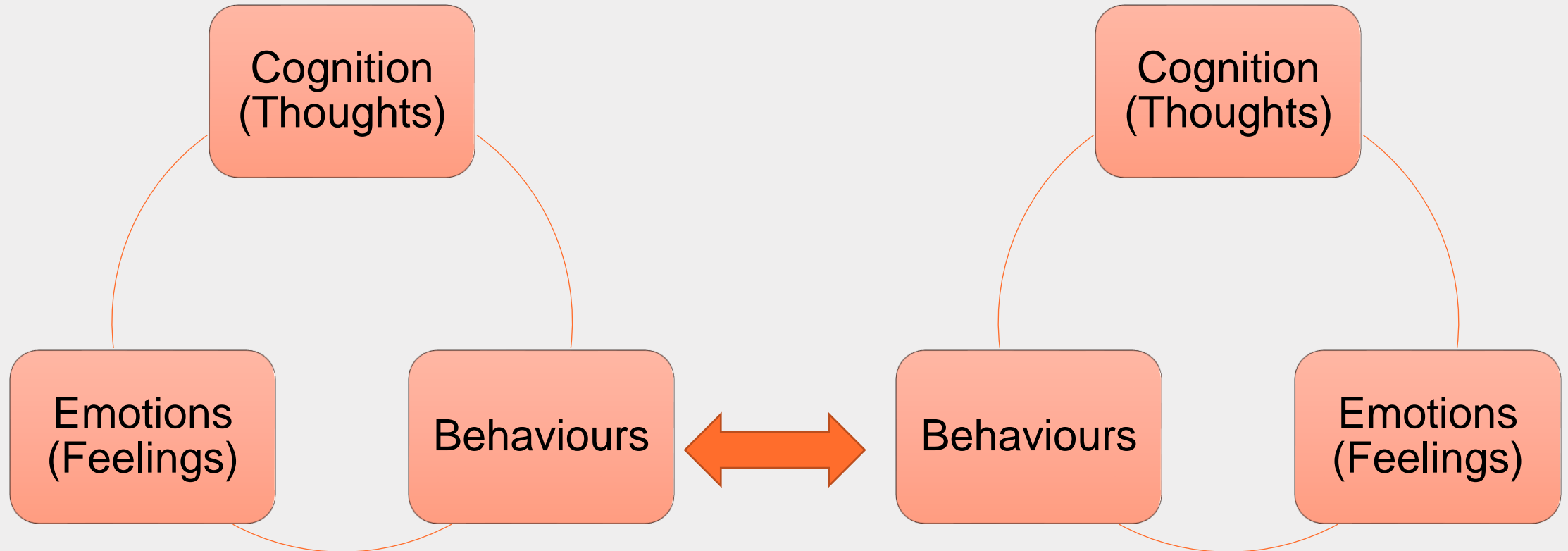
The Cognitive Triangle



Only behaviour can be observed directly!

- You can only observe behaviour of others
- Others can only observe your behaviour
- One can infer emotions and thoughts of others based on behaviour, but this is prone to errors as misunderstandings

Interaction



Only behaviour can be observed directly!
One can infer emotions and thoughts of others based on behaviour,
but this is prone to errors as misunderstandings

Chain analysis (negative)

	Example story
(Problematic) behaviour	Drank 2 bottles of wine
Consequence	Short term relief
Consequence	Shame
Consequence	Hard to value self

Adapted from the book Viisas Mieli, by Sadeniemi et al

Chain analysis (negative)

	Example story
Vulnerability factors	Hangover, tiredness, hunger
Trigger event	Friend did not answer phone call
Primary emotion	Disappointment
Thoughts	Nobody cares about me, I'm all alone
Secondary emotion	Shame, rage
(Problematic) behaviour	Drank 2 bottles of wine
Consequence	Short term relief
Consequence	Shame, do not contact friend
Consequence	Hard to value self

Adapted from the book Viisas Mieli, by Sadeniemi et al

Chain analysis (negative)

	Example story
Vulnerability factors	Hangover, tiredness, hunger
Trigger event	Friend did not answer phone call
 Primary emotion	Disappointment
 Thoughts	Nobody cares about me, I'm all alone
 Secondary emotion	Shame, rage
(Problematic) behaviour	Drank 2 bottles of wine
Consequence	Short term relief
Consequence	Shame, do not contact friend
Consequence	Hard to value self

Adapted from the book Viisas Mieli, by Sadeniemi et al

Chain analysis (positive)

	Example story
Vulnerability factors	Hangover, tiredness, hunger
Trigger event	Friend did not answer phone call
Primary emotion	Disappointment
Observation and description	I'm disappointed because I could not reach my friend
Allowing the primary feeling	I do not try to block the disappointment
Calming down and self consoling	I drink a cup of hot chocolate
Self validation	It's natural to be disappointed, because I'd love to meet my friend
Relief	
Life goes on	i.e. I do what I would have done anyway

Stop

Points to remember

- A trigger event is seldomly the root cause for a reaction
- Consider the vulnerability factors behind behaviour, especially reactions (your own or somebody else's)
- If someone offends/triggers you, use the Hanlon's razor "never attribute to malice that which is adequately explained by stupidity".

How to stop emotional reaction?

- “Should I?” tool?
- Practicing and reflecting

TOOL 1: SHOULD I BE? EMOTION REGULATION TRIGGERS

STEP 1: RECOGNIZE

Recognize an emotion that you may have, that you believe leads to a response or behaviour that:

- Limits your potential, performance or results
- Harms your relationships with important people in your life
- Reduces your happiness

Examples of emotions could be, irritation, insecurity, boredom, anger, uncertainty, jealousy, fear, or

Teach yourself to recognize the signs that you get from your body / mind that you are going to have this emotion – do you feel nervous, anxious, does your body temperature rise or your stomach

STEP 2: EVALUATE

Ask yourself “ Should I be” as soon as you become aware that you are having of will have the emotion.

The answer can only be yes or no.

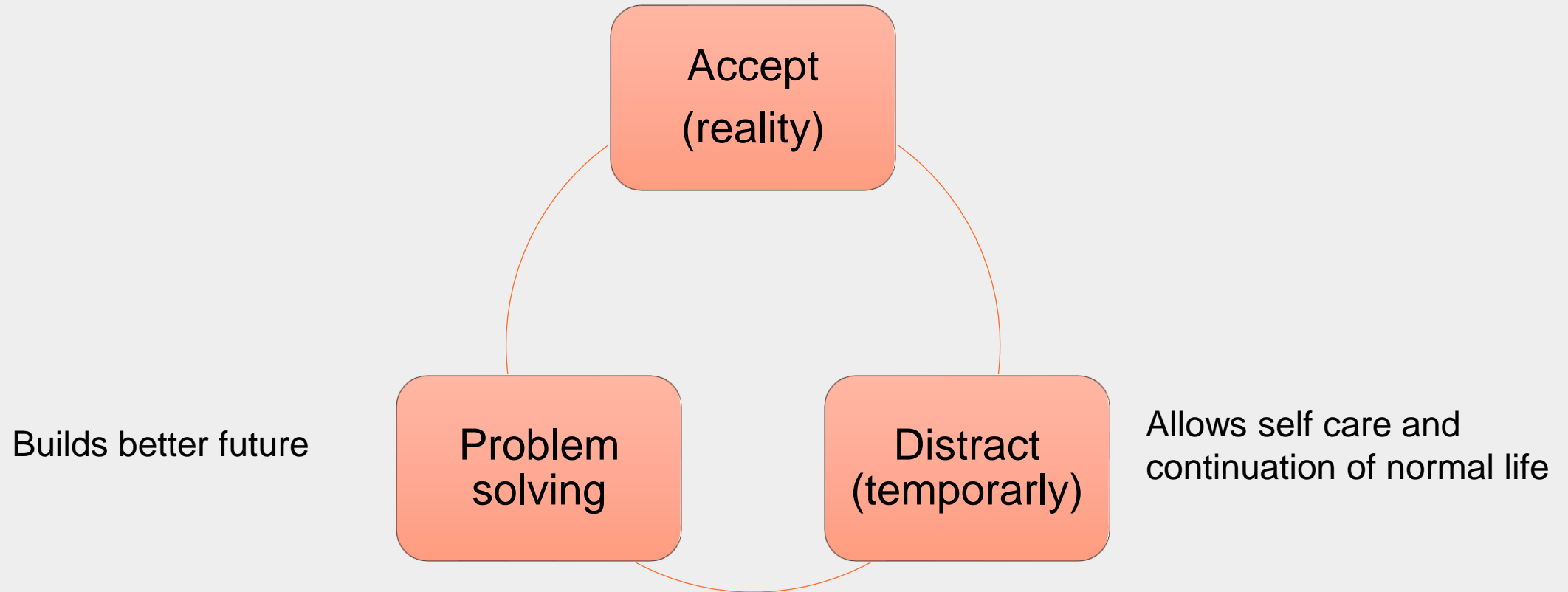
STEP 3: ACT

The Should I question will trigger “Situation Smart” and you will be able to respond to the situation with full access to your existing ability “the best you can”

03

Dealing with Distress

Dealing with Distress



Leaving any of these three out will likely cause problems!

Adapted from the book Viisas Mieli, by Sadeniemi & al

Dealing with distress: Accept reality

- Face the situation as it is, not through emotional biases which might make the situation look worse than it really is
- Allow yourself to mourn, grief
- Let go (remember, you cannot change the past)
- Ask for and receive help

Dealing with distress: Distract yourself

- To rest and recoup
- To take care of yourself
- Continuing to live your life

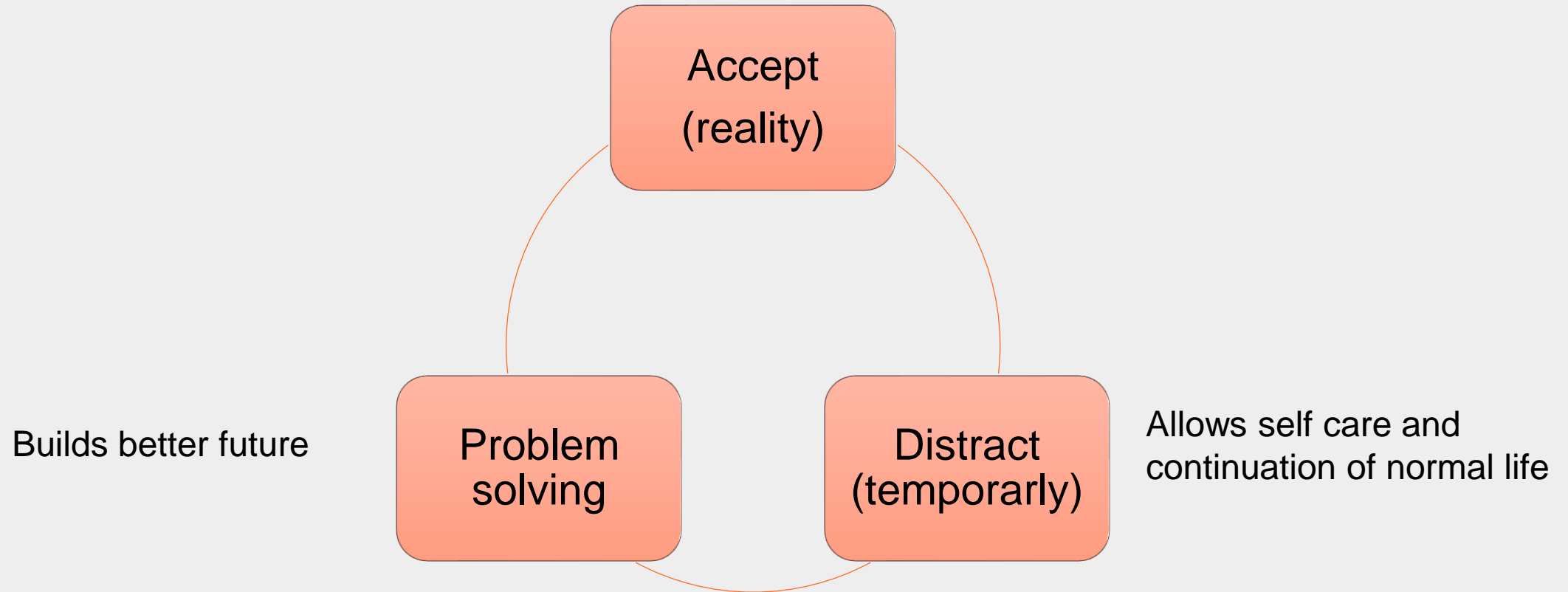
Dealing with distress: Solve the problem

- You did not cause all of your problems, but if you want to make a change to better you must work actively on solving them and making the circumstances better
- Sometimes this problem solving might take months or years, so remember also to accept the situation and distract yourself in order to live your life while solving the problems

Dealing with distress: Get professional help

- If you cannot accept reality, continue your life and solve the problem you might get stuck
- This might lead to problematic behaviour such as impulsiveness, substance abuse, destroying relationships or trying to escape by e.g. quitting job or studies, moving to another city or country for wrong reasons...
- If you ever get stuck in distress in this way, get professional help and delay big decisions

Dealing with Distress



Leaving any of these three out will likely cause problems!

Adapted from the book Viisas Mieli, by Sadeniemi & al

Muddiest point

What do you want us to clarify more before we move forward?

04

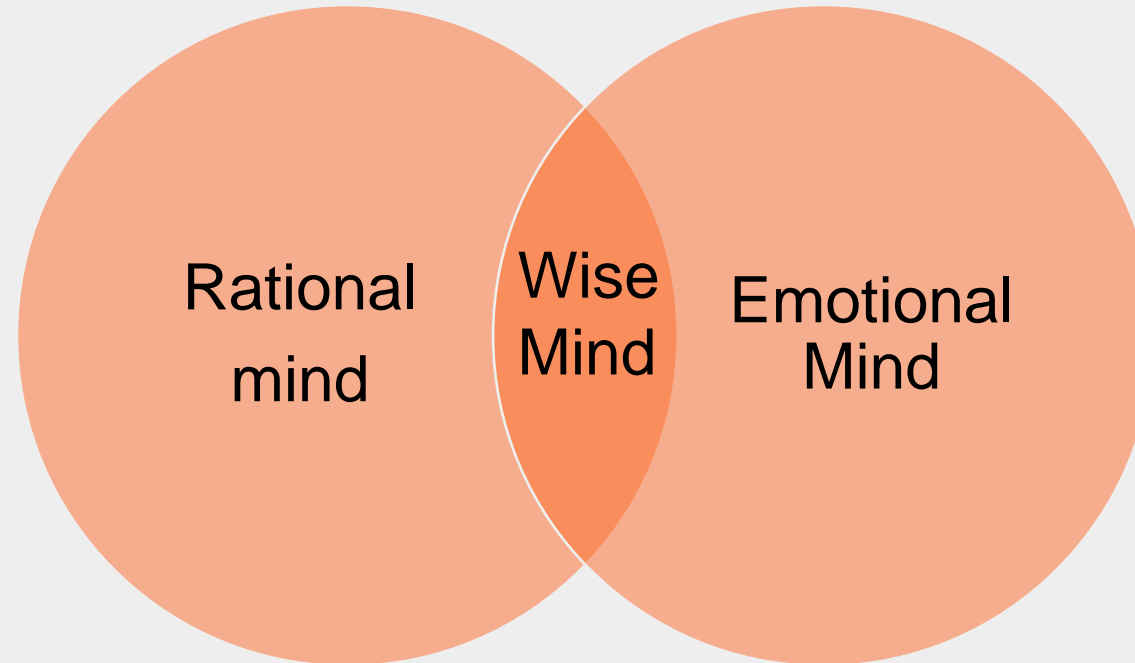
Outro of this session

Goal of this session:
Actionable insight &
practical tools

**What did you want to learn
today?**

What did you learn today?

The Wise Mind



**You wrote down what you
need to do later today.
You may now read that.**

Good Life Engine

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Wise Mind



"Men are disturbed not by things, but by the views which they take of them." - Albert Ellis

**"There's nothing good or bad but thinking makes it so."
-Shakespeare (in Hamlet)**

"External things are not the problem. It's your assessment of them. Which you can erase right now." - Marcus Aurelius