



THEATER

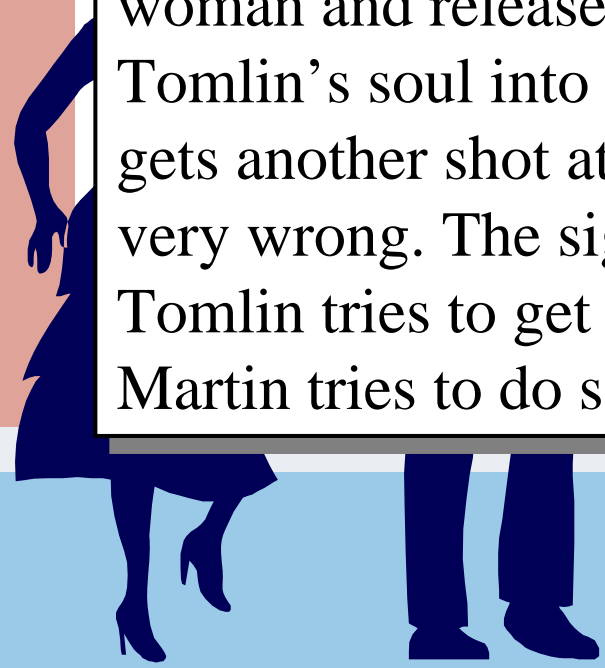
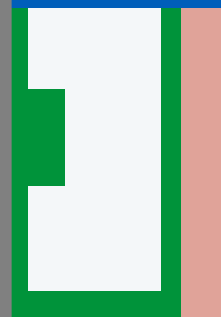
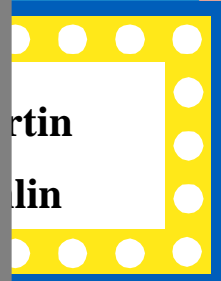
Bicameral Mind

All of Me

Steve Martin
Lily Tomlin



A real funny movie is *All of Me* starring Steve Martin and Lily Tomlin. In the movie, Tomlin's character plays a rich woman who has been sickly all of her life. She is about to die and has hired a swami, a holy man from India, to take her soul from her body, put it in a brass container, take the soul out of a young healthy woman and release it to the cosmos and then put Tomlin's soul into the young healthy body – so she gets another shot at life. Of course, something goes very wrong. The sight gags that follow are hilarious as Tomlin tries to get Martins body to do one thing and Martin tries to do something.

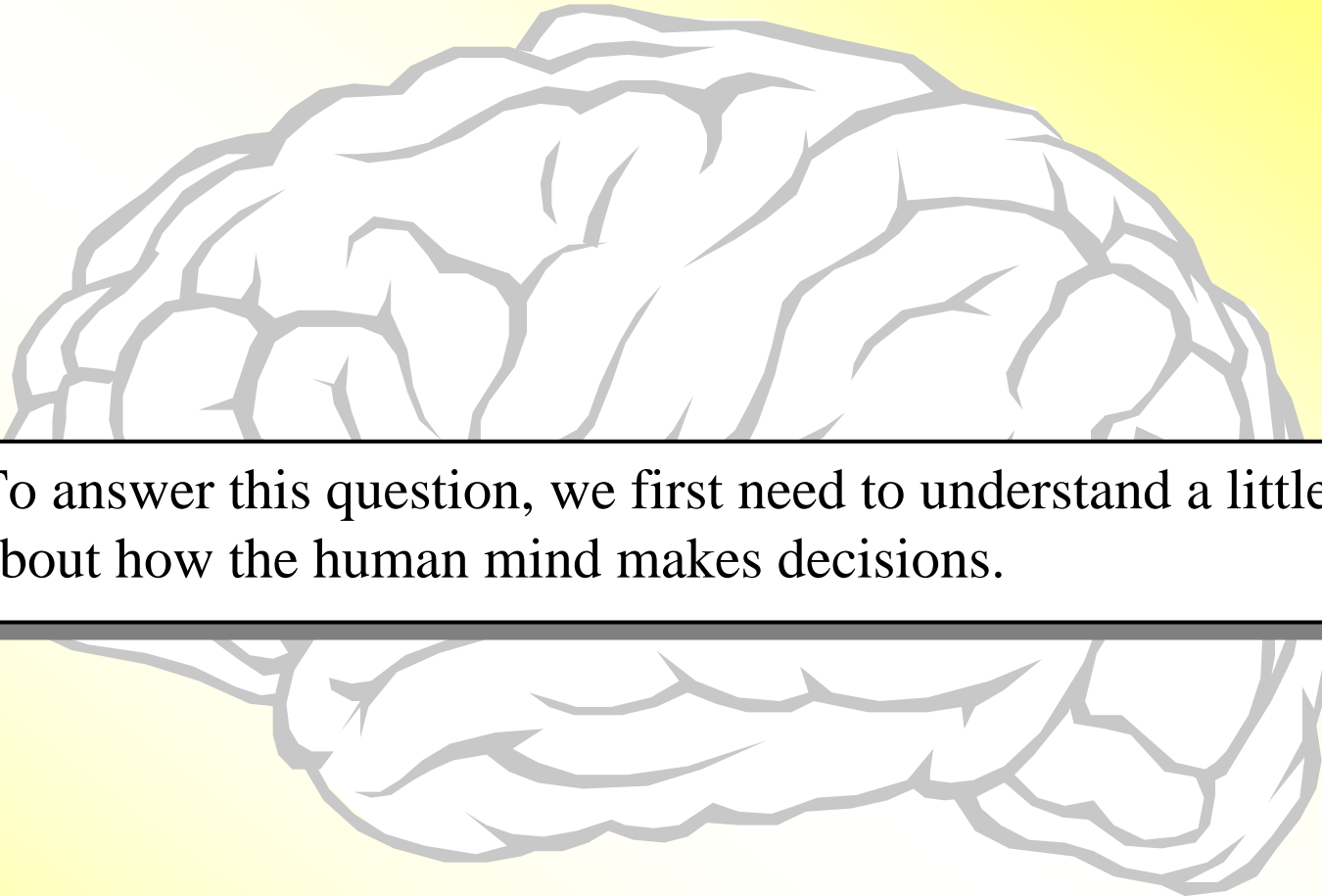




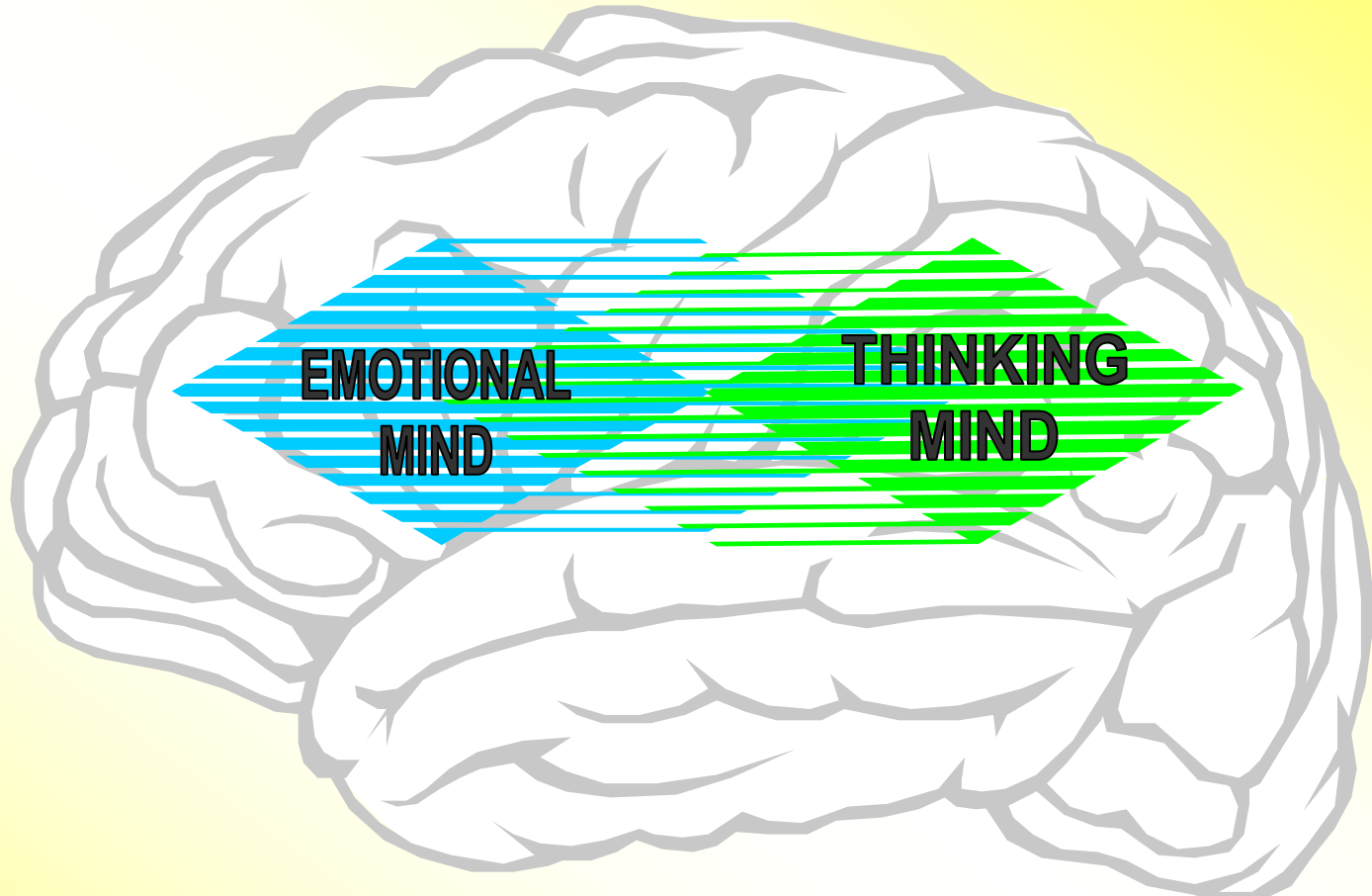
THEATER

Of course, it is impossible to have two people inside of one body. However, it sometimes seems that we have two people inside of us. One that feels we should do one thing and another that thinks we should do something else. Often this leads us to do things that we regret later. Why is that?

artin
lin

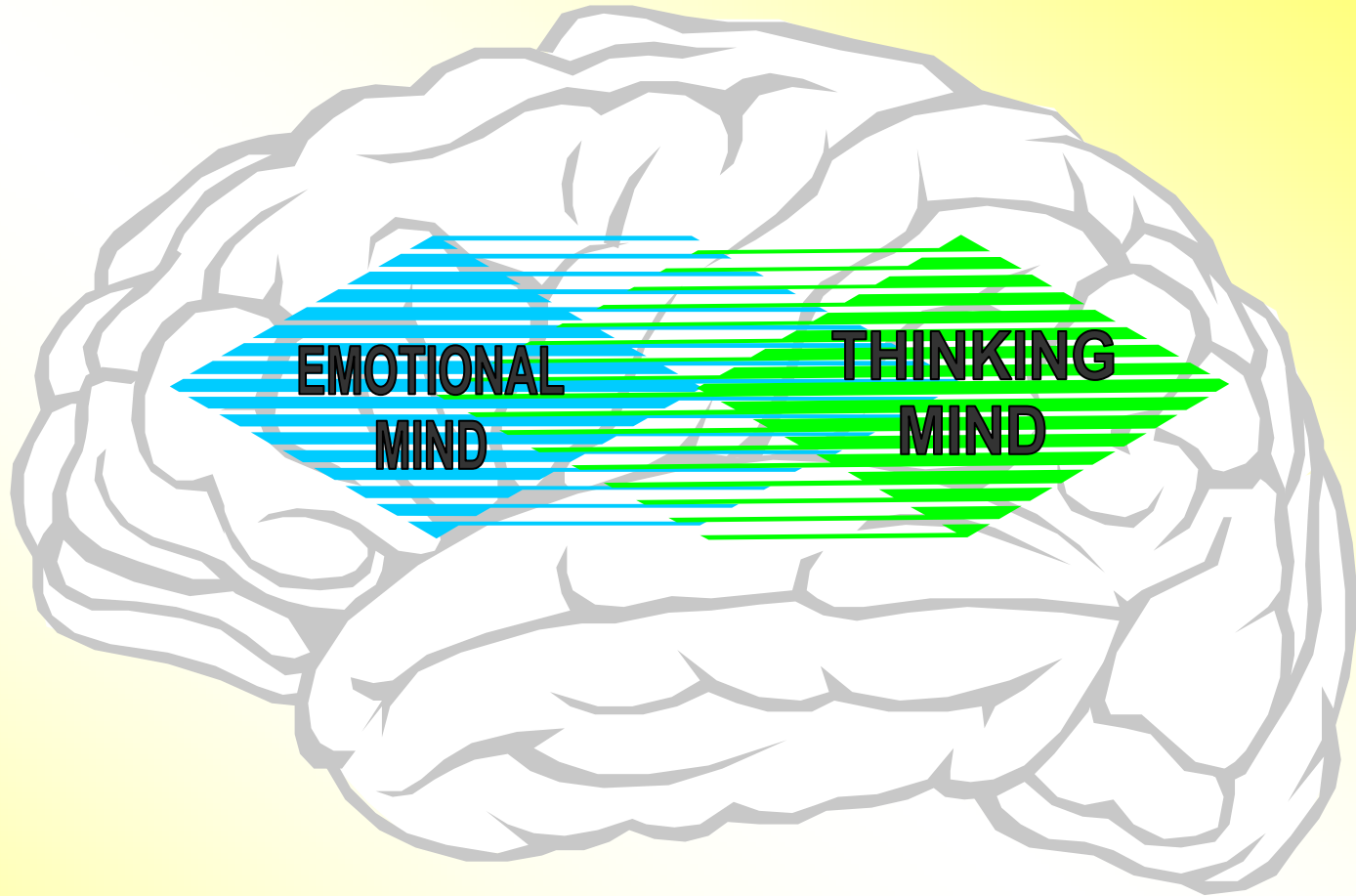


To answer this question, we first need to understand a little about how the human mind makes decisions.

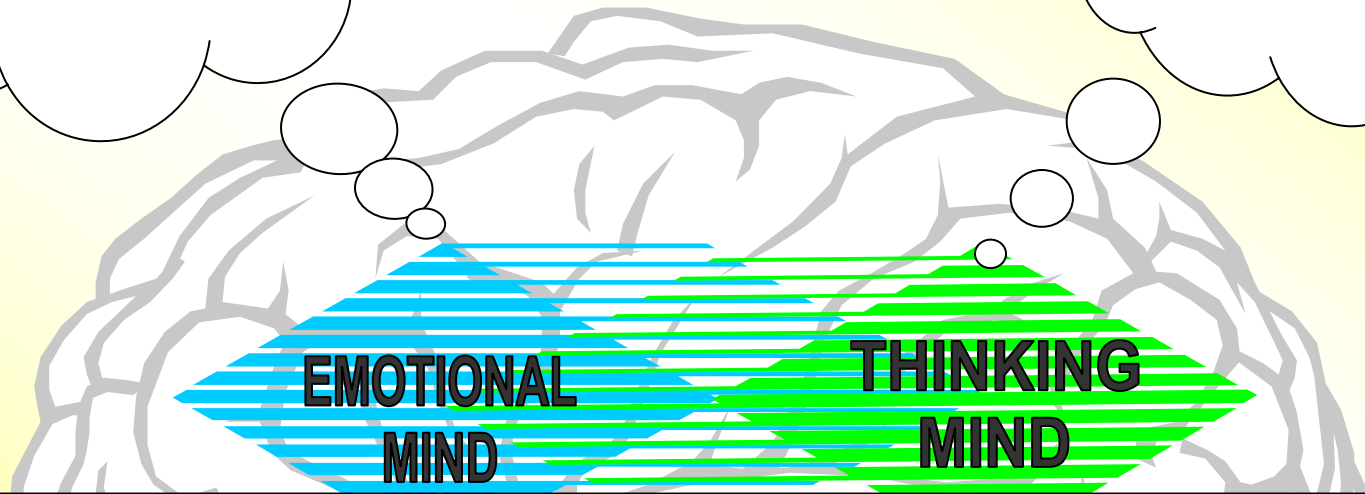
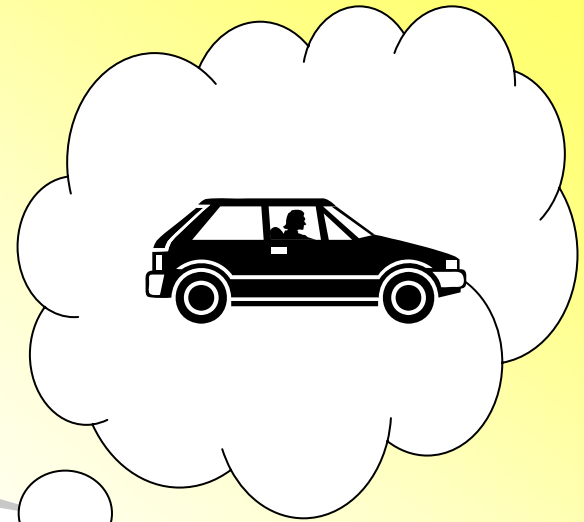
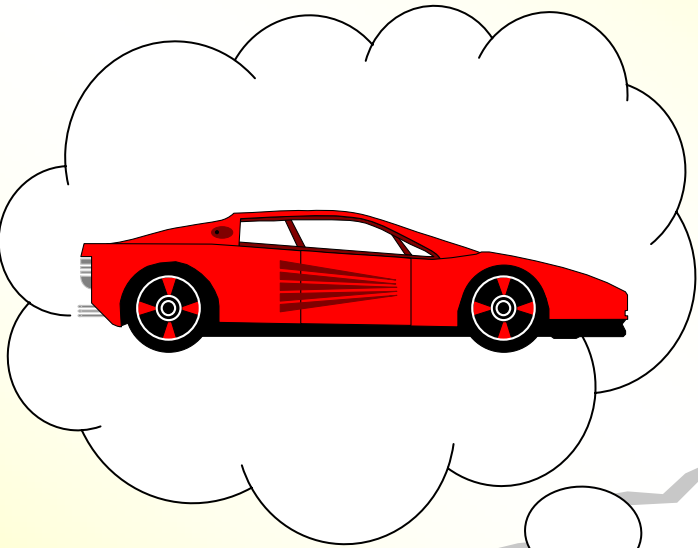


In a very real sense we have two minds, one that thinks and one that feels.

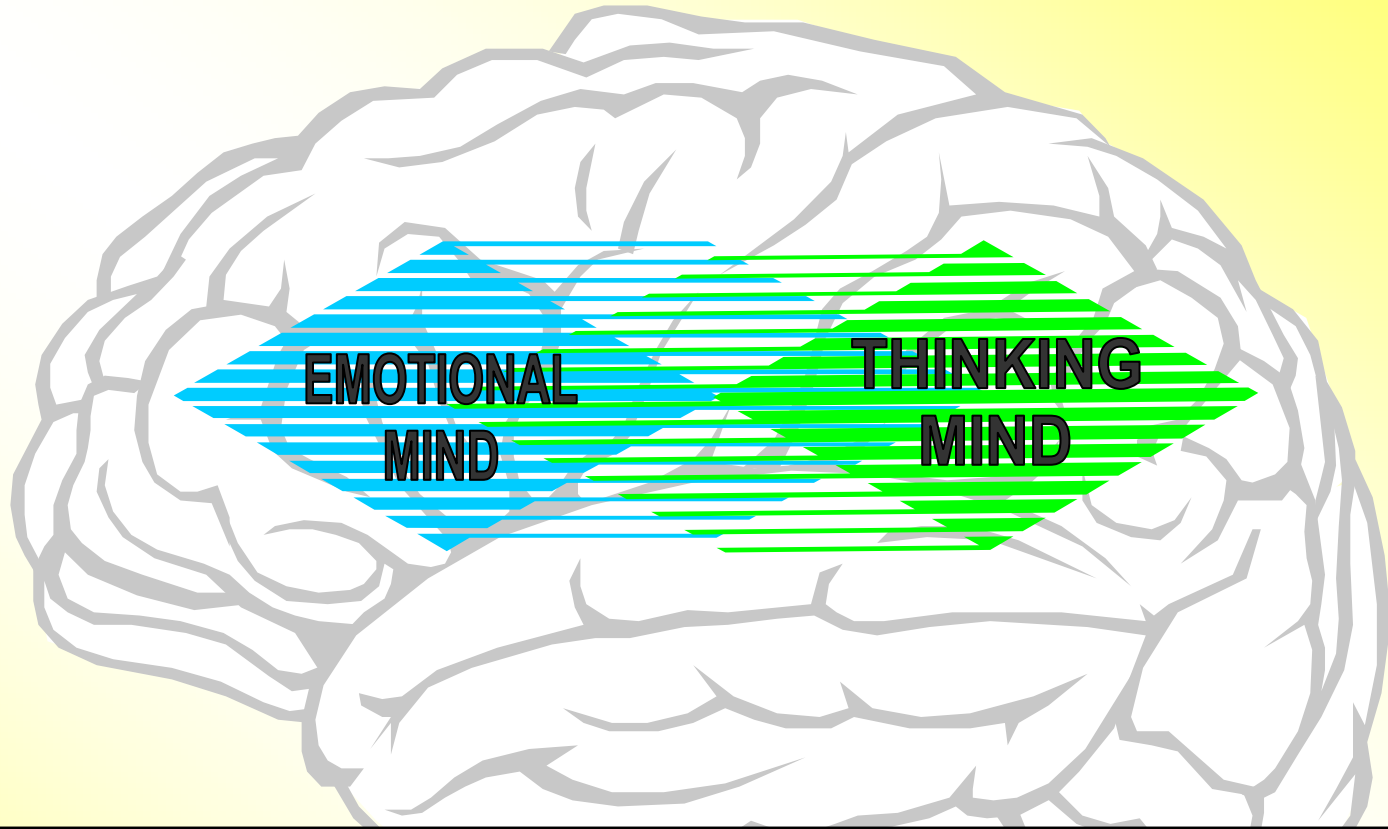
Emotional Intelligence
Daniel Goleman



We have two minds. One is automatic and driven by emotional urges. And another that is deliberate and rational. Our two minds sometimes struggle with each other trying to win us over.



Perhaps you experienced a struggle of this nature the last time you were thinking about buying a new car. Part of you wanted the little red sports car. Sports cars are fast, sexy and really really neat. You just had to have it. However, another part of you wanted to slow down and think things through before you decided what to buy. "How much would it cost? What kind of gas mileage would it get? How much would insurance be? Would it be hard to get repairs?"



For the most part, our two minds work together harmoniously to decide how we should respond to life's events, but not always. Many personal problems can be understood as a conflict between the two minds and a person's inability to resolve this conflict in favor of their better judgment.



The *emotional mind* processes information and makes decisions automatically and is experienced through emotional feelings.

EMOTIONAL MIND



The Emotional Mind Is:

Impatient (urges you to act right away)

*Closed-Minded (makes you stubbornly unreceptive to ideas
that differ from how you feel)*

Short-Sighted (makes you concerned with only the immediate future)

Single-Minded (makes you concerned with only the immediate concern)



**POWER,
CONTROL &
ELATION**

**PLEASURE
SATISFACTION &
JOY**

If your emotional mind senses an opportunity to get something you want, you will experience a feeling of either power/control/elation or of pleasure/satisfaction/joy. Power/control/elation are associated with mastery and the emotional urges to dominate a situation in order to obtain something of value. In contrast, pleasure/satisfaction/joy are associated with a sense of well-being, security and freedom from harm.



If your emotional mind has determined that something undesirable is about to happen, your brain normally prepares you to fight the threat or run away from it – the so-called "fight or flight response". If your emotional mind decides to put a stop to the menace, it prepares to confront it with intimidation or force and you experiences anger or a related emotion.

If, on the other hand, your emotional mind concludes that it probably cannot stop the threat, it prepares your body for escape and you experiences fear or a related emotion.



**EMOTIONAL
MIND**

**The emotional mind is built up from gut feelings,
past experiences and beliefs.**



EMOTIONAL MIND

1. Gut Feelings

With gut feelings, people are predisposed to respond to some things in a certain way, because that is how their brains are wired. You don't have to be taught to be afraid of tigers or feel good inside when a baby smiles at you. That's just part of being human.



EMOTIONAL MIND

1. Gut Feelings
- 2. Past Experiences**

The emotional mind is also driven by experience. Once a person has had an emotionally significant experience, they tend to feel the same way later in similar situations and are emotionally urged to respond as they did then. We learn through experience what things cause pain and pleasure and use those experiences as guides for future behavior.

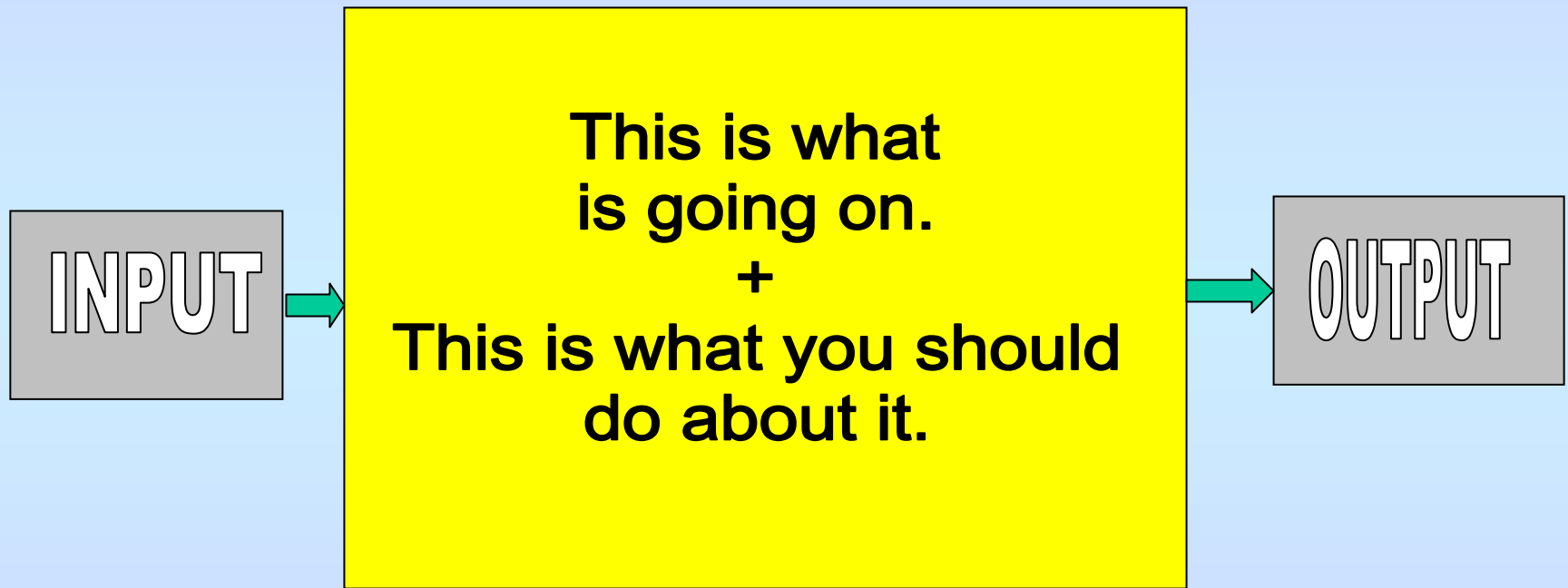


EMOTIONAL MIND

1. Gut Feelings
2. Past Experiences
- 3. Beliefs**

The emotional mind also operates with habitual beliefs. People form generalized ideas that explain how the world works, how they personally should personally act in certain situations and how other people should behave in certain situations. If those thoughts are repeated frequently, they become automatic beliefs and a person feels urged to act as they direct without having to consciously think them first.

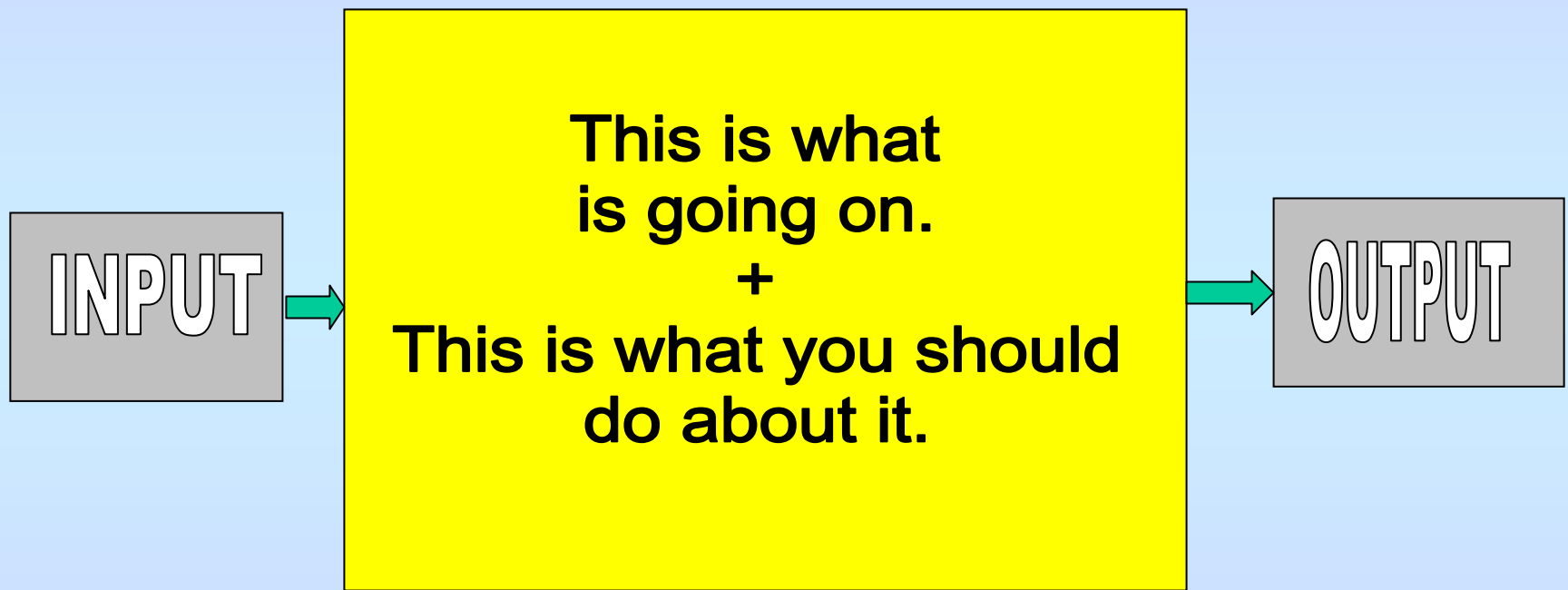
The way the emotional mind makes decisions and solves problems is by telling you that:



Automatic Processing

(Supports Impulses)

The way the emotional mind makes decisions and solves problems is by telling you that:



There is no thinking. There are no choices – things just flow. The emotional mind offers a solution for the situation at hand, the surface problem, without consideration for anything else that might be important to you.



The thinking mind, on the other hand, is slower than the emotional mind. Often the emotional mind has already urged a response before the thinking mind has even begun to register the situation. Furthermore, the thinking mind is often less certain and intense than the emotional mind.



The thinking mind uses deliberate (non-automatic) information processing and decision-making and is experienced through conscious verbal thoughts and images.

THINKING MIND



The thinking mind is:

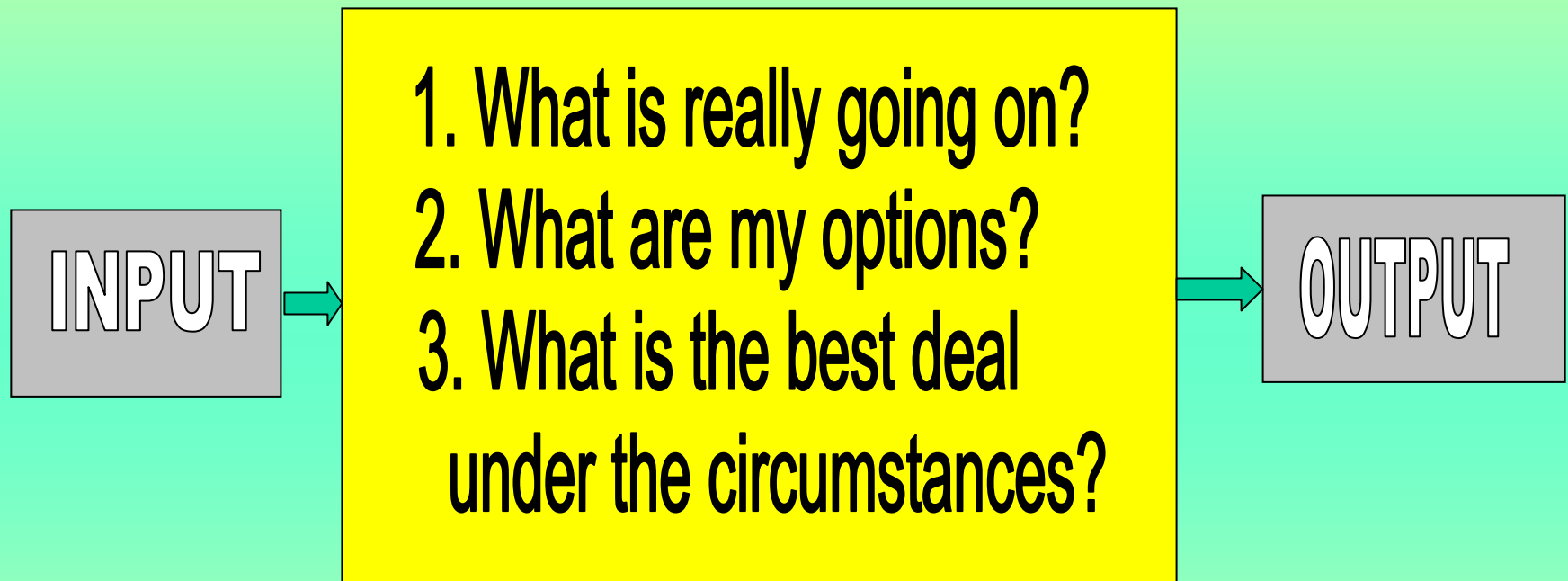
Patient (it does not urge you to act right away)

Open-minded (it makes you receptive to new ideas)

*Long-ranged (it makes you concerned about the immediate future
and the long-term future)*

*Global-minded (it makes you concerned about all the things
that are important to you)*

Your thinking mind makes decisions by problem solving or coping. It decides by asking:



Deliberate Processing

(Supports Better Judgment)

1) Long-ranged (concerned with immediate future and long term)

2) Fast

3) Impatient (urged to act right away)

4) Unquestioned sense of certainty

5) Tentative

6) Intense/Excited

7) Patient (not urged to act right away)

8) Open-minded (receptive to new ideas)

9) Single-Minded (only concerned with immediate wants)

10) Slow

11) Closed-Minded (stubbornly unreceptive to new ideas)

12) Short-Sighted (only concerned with immediate future)

13) Global-minded (concerned with all of your wants and needs)

14) Calm

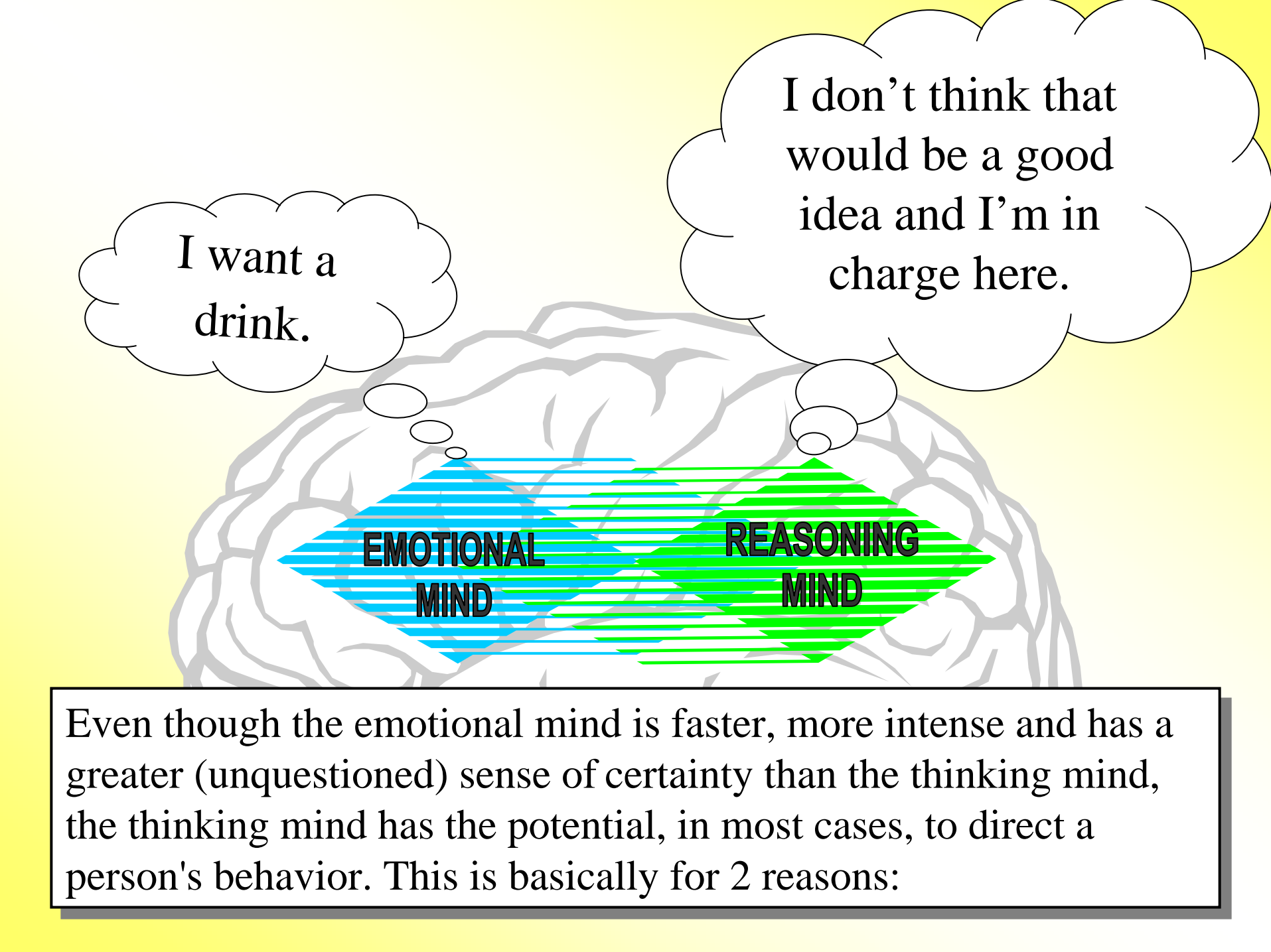
E. Emotional Mind

T. Thinking Mind

Write the numbers 1 to 14 on a piece of paper. Then look at the characteristics on this screen. If you think a characteristic is one that belongs to the emotional mind, put the letter E next to the number. If you think it belongs to the thinking mind, put a T next to the number.

- 1) ***T. Thinking Mind*** Long-ranged (concerned with immediate future and long term)
- 2) ***E. Emotional Mind*** Fast
- 3) ***E. Emotional Mind*** Impatient (urged to act right away)
- 4) ***E. Emotional Mind*** Unquestioned sense of certainty
- 5) ***T. Thinking Mind*** Tentative
- 6) ***E. Emotional Mind*** Intense/Excited
- 7) ***T. Thinking Mind*** Patient (not urged to act right away)
- 8) ***T. Thinking Mind*** Open-minded (receptive to new ideas)
- 9) ***E. Emotional Mind*** Single-Minded (only concerned with immediate wants)
- 10) ***T. Thinking Mind*** Slow
- 11) ***E. Emotional Mind*** Closed-Minded (stubbornly unreceptive to new ideas)
- 12) ***E. Emotional Mind*** Short-Sighted (only concerned with immediate future)
- 13) ***T. Thinking Mind*** Global-minded (concerned with all of your wants and needs)
- 14) ***T. Thinking Mind*** Calm

Did you answer
this way?

A diagram of a human brain in profile, facing right. Two thought bubbles are connected to the brain by thin lines. The left bubble contains the text "I want a drink." and the right bubble contains "I don't think that would be a good idea and I'm in charge here." In the center of the brain, there are two overlapping diamond-shaped regions. The left region is filled with blue horizontal lines and contains the text "EMOTIONAL MIND". The right region is filled with green horizontal lines and contains the text "REASONING MIND".

I want a drink.

I don't think that would be a good idea and I'm in charge here.

**EMOTIONAL
MIND**

**REASONING
MIND**

Even though the emotional mind is faster, more intense and has a greater (unquestioned) sense of certainty than the thinking mind, the thinking mind has the potential, in most cases, to direct a person's behavior. This is basically for 2 reasons:

1



**Emotions Only Last a Few Seconds
(unless re-stimulated)**

The re-stimulation usually comes from our thoughts.

2



**Man is not disturbed by events, but by the view
he takes of them.**

Epictetus

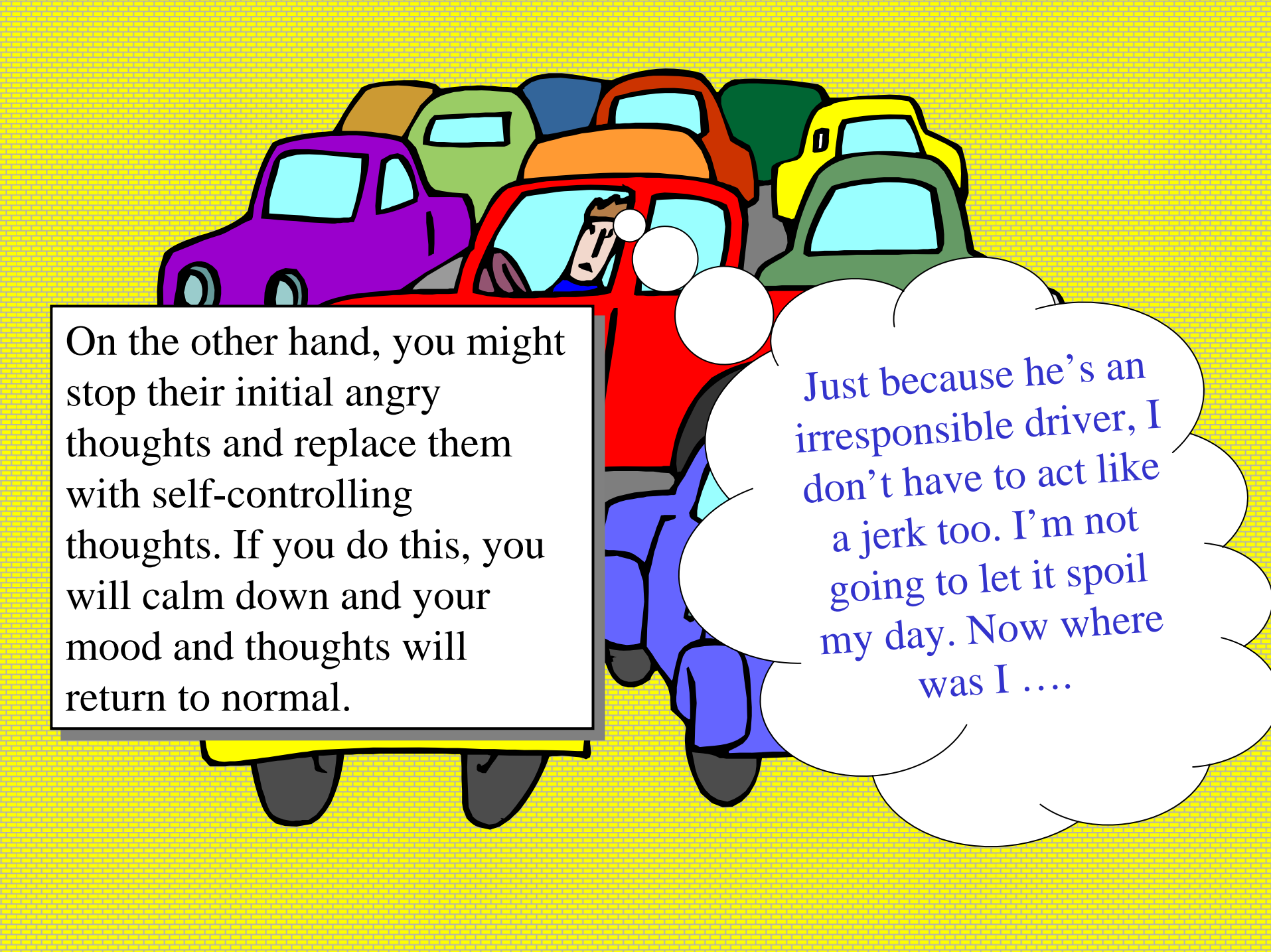


Emotional urges only last for a few seconds. If the stimulus disappears, the emotion fades quickly. It is a person's thoughts that can keep an emotion active long after the original stimulus is gone.

To give an example of this, imagine that you are in heavy traffic. A car cuts in front of you and then heads off an exit ramp. You might have an initial gut reaction of fear, but it fades in seconds.



However, you might start thinking: "That blankety blank SOB. Who does he think he is? I'd like to teach that little @#&* a thing or two." If so, you will create angry feelings and emotional urges to punish the perpetrator. If you keep those thoughts up, you will put yourself into a bad mood, striking out at other people without good cause.

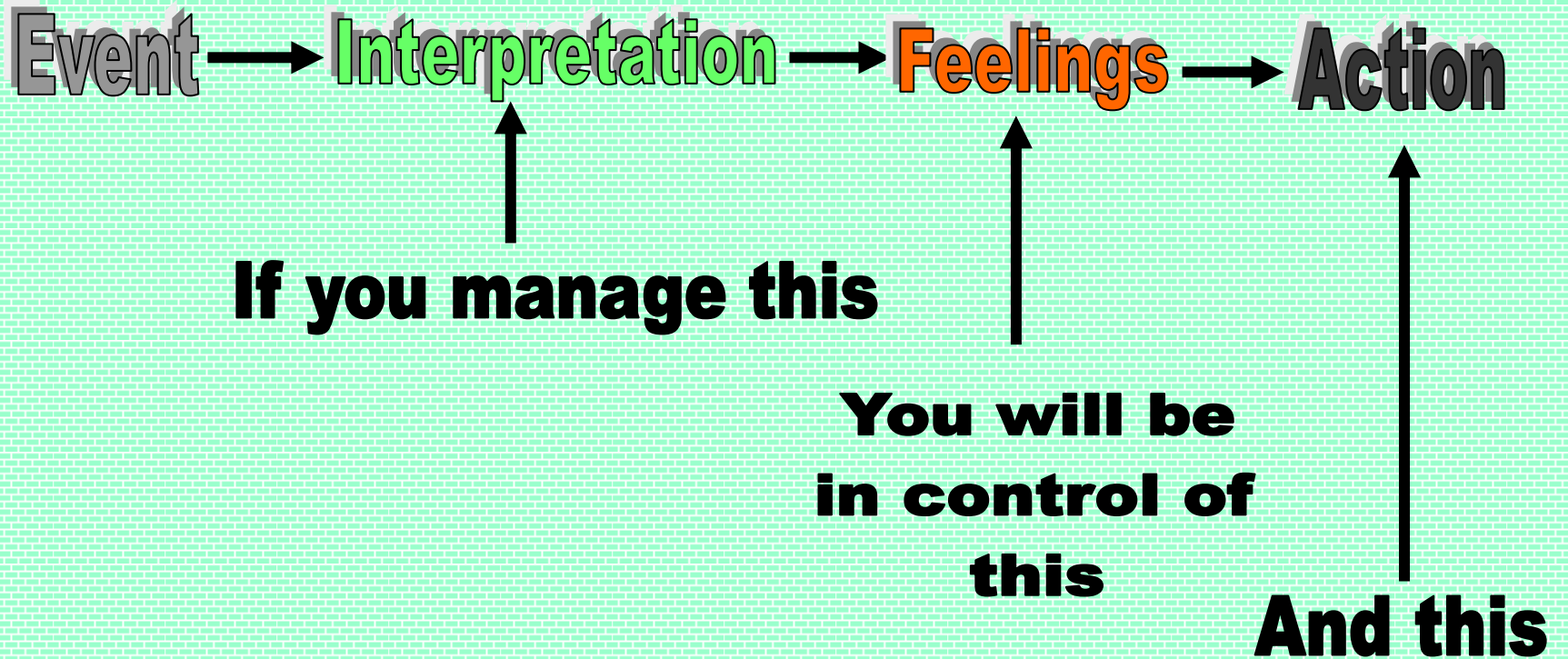


On the other hand, you might stop their initial angry thoughts and replace them with self-controlling thoughts. If you do this, you will calm down and your mood and thoughts will return to normal.

Just because he's an irresponsible driver, I don't have to act like a jerk too. I'm not going to let it spoil my day. Now where was I



It was the same event – a car cutting in front of another. What made a difference in how the person felt was not the event, but how he explained it to himself.



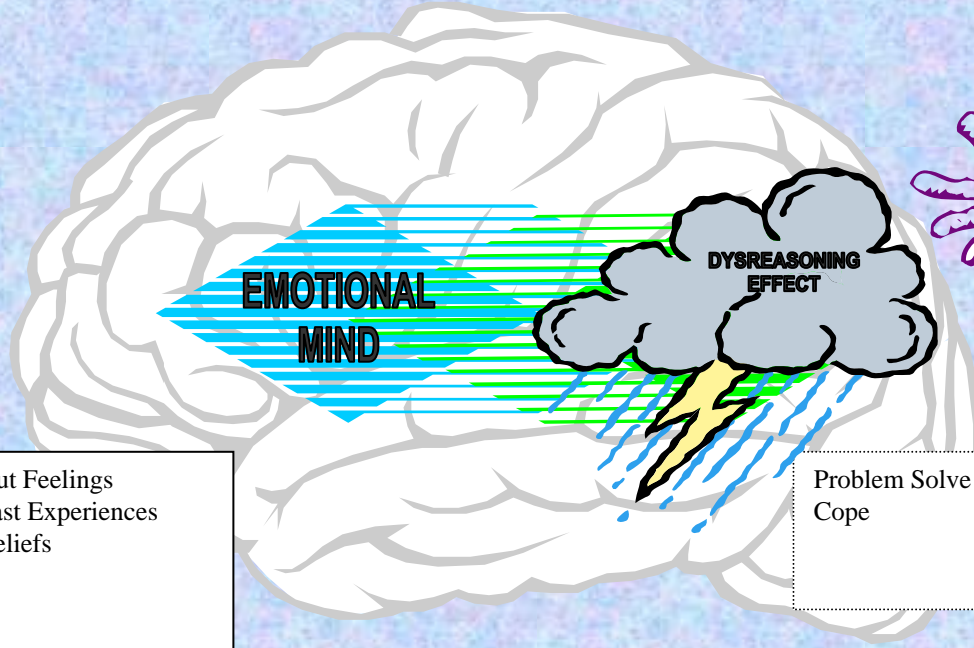
Is your INTERPRETATION:

Valid?

Do I really know what is going on?

Useful?

Will it help me get what I want if act this way?



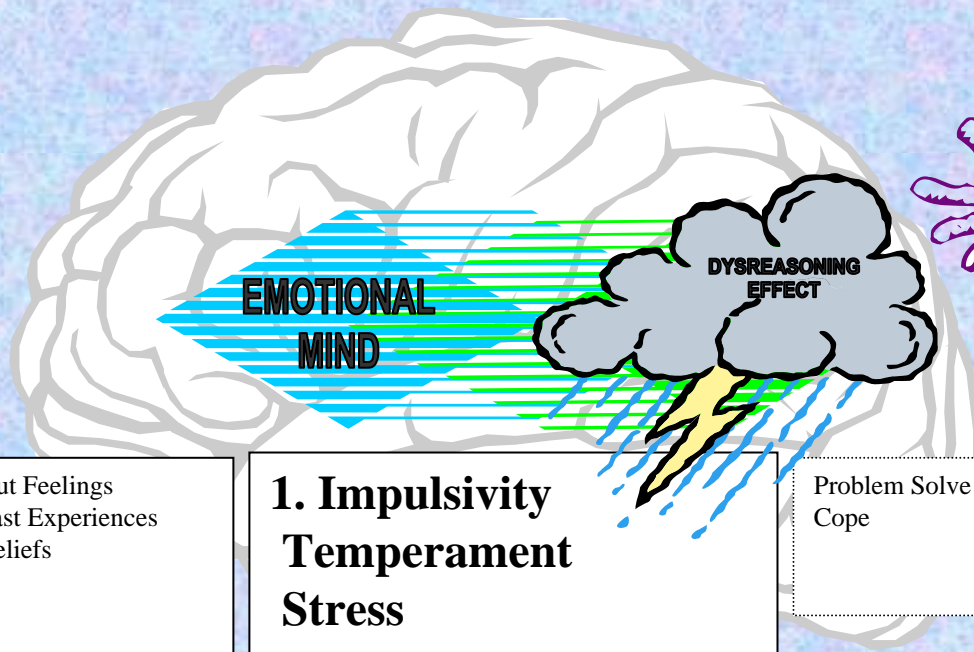
- 1. Gut Feelings
- 2. Past Experiences
- 3. Beliefs

Problem Solve or Cope



Your thinking mind is in charge of you emotional mind. However, there are ways in which the emotional mind gets the upper hand. These are called dysreasoning effects.

DYSREASONING EFFECT



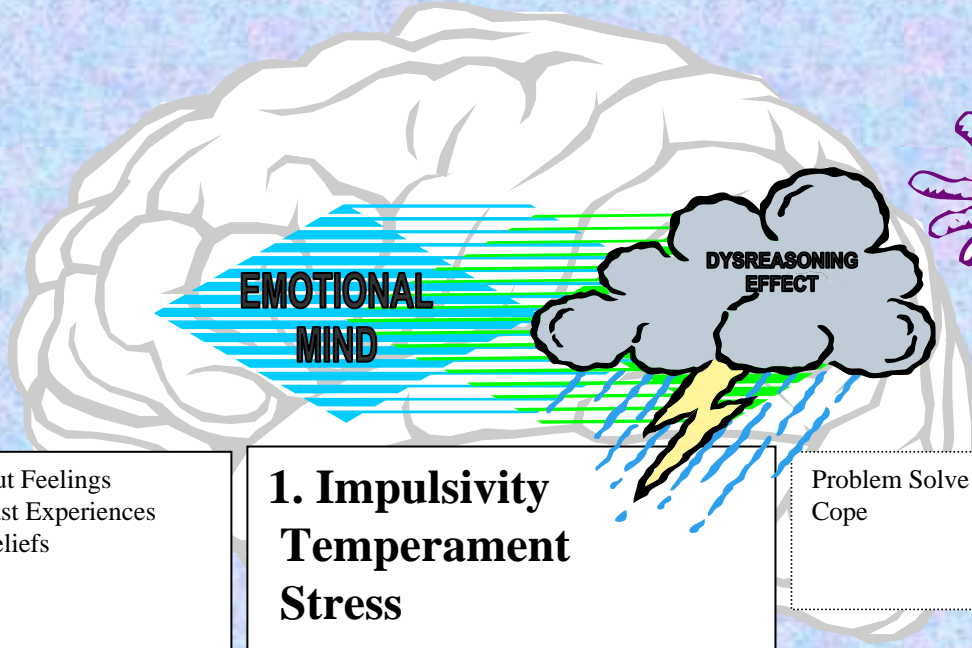
- 1. Gut Feelings
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1. Impulsivity
Temperament
Stress

Problem Solve or
Cope



Some people are prone to impulsivity; their emotional mind jumps them into action before their thinking mind even has a chance to get started . People of this temperament are not only impulsive, but trust their impulses and feel frustrated if they are restrained from acting on them – even if doing so has been a source of problems for them in the past.



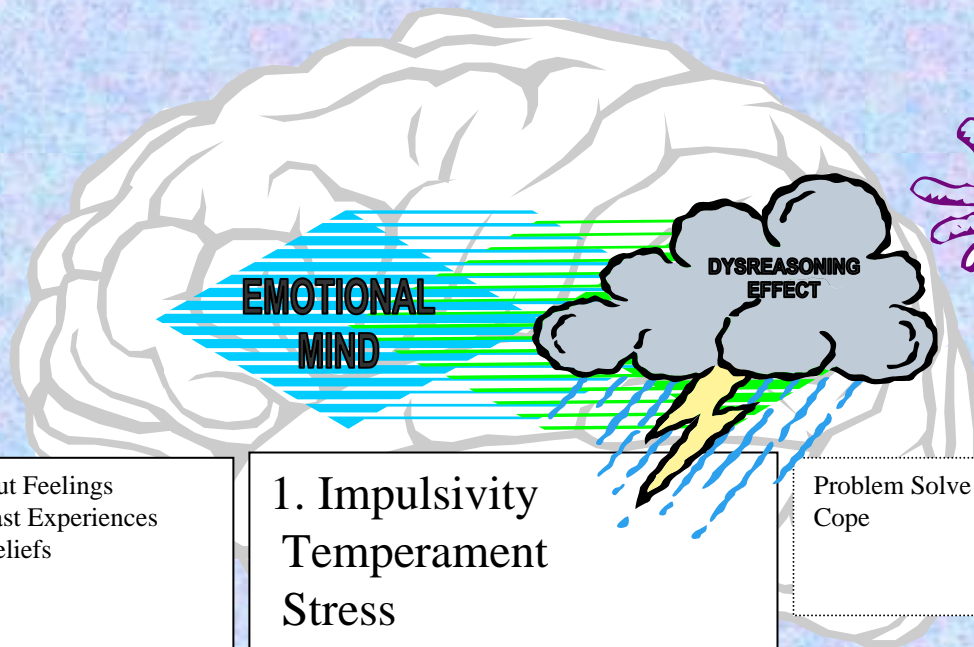
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- 1. Impulsivity**
- Temperament**
- Stress**

Problem Solve or Cope



In addition, people under stress tend to be impulsive, regardless of their temperament. When you are stressed, you cannot think clearly and are driven by how you feel - not by reason.

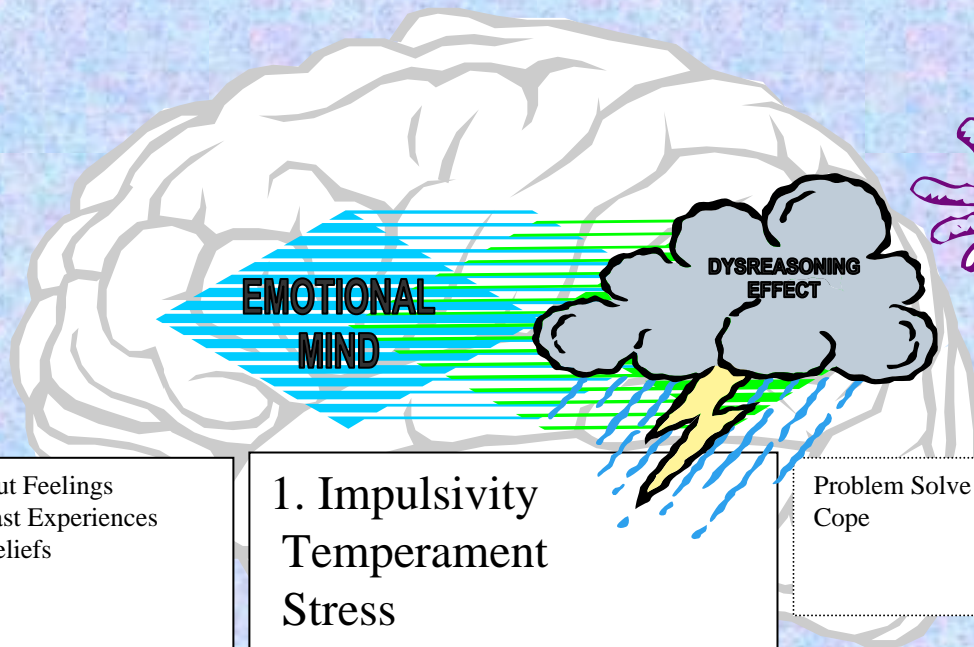


1. Gut Feelings
2. Past Experiences
3. Beliefs

1. Impulsivity
Temperament
Stress
2. **Emotional Hijacking**

Problem Solve or
Cope

Another dysreasoning effect is an emotional hijacking. Some situations get people so emotionally overwhelmed that they cannot think straight and they let their emotions carry them away. When their emotional mind declares an emergency, their thinking mind's ability to function is compromised. Acting in a rage is an example. After a person calms down and reason returns, they wonder what came over them.



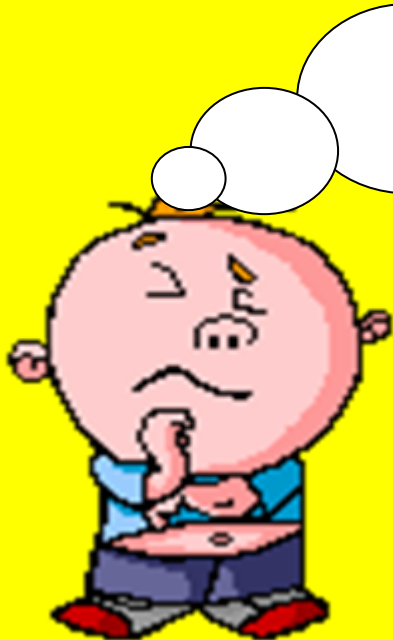
- 1. Gut Feelings
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- 3. Beliefs

- 1. Impulsivity
Temperament
Stress
- 2. Emotional Hijacking
- 3. **Clouded Judgment**

Problem Solve or Cope

Clouded judgment is another dysreasoning effect. Rather than seeking confirming evidence for their interpretation of events, they just feel blindly confident that they know what is going on. Rather than formulating a variety of choices, they only create options consistent with their current state of emotions. Their moods bias their decision-making. When a person is sad, for example, they lose confidence in their abilities and do not attempt activities they might normally pursue.

Clear Thinking



1. What is really going on?

I am really really bored.

No - it's not that bad.

2. What are my options?

I could get high.

I could go for a walk.

3. What is the best deal?

Getting high would be great.

No - I had better go for a walk.

Clouded Judgment



1. What is really going on?

I am really really bored.

No - it's not that bad.

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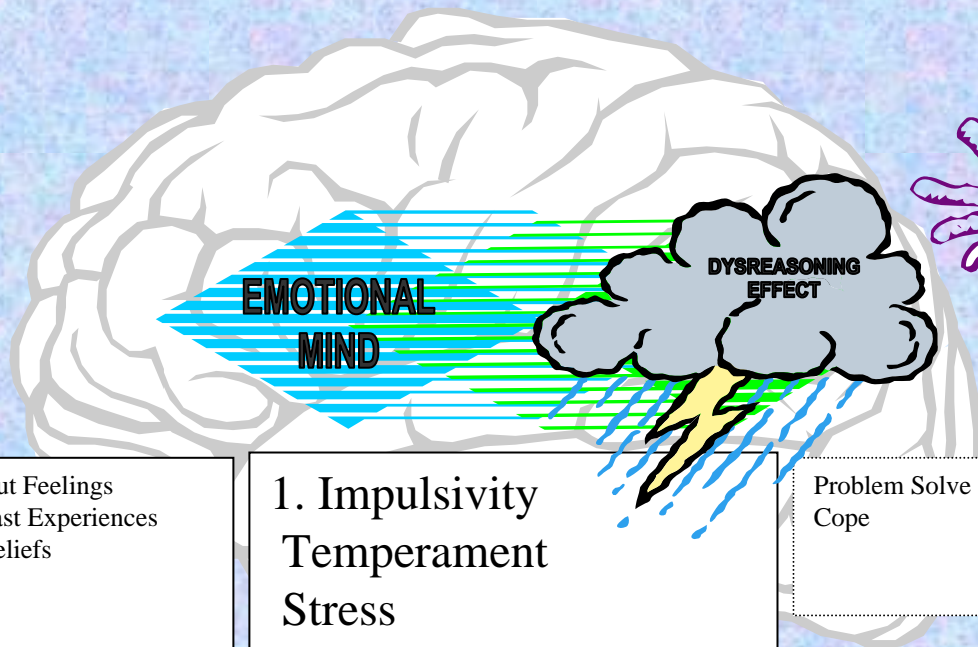
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- 1. Gut Feelings
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- 3. Beliefs

- 1. Impulsivity
- Temperament
- Stress
- 2. Emotional Hijacking
- 3. Clouded Judgment
- 4. Irrational Beliefs**

Problem Solve or Cope



Another dysreasoning effect is irrational beliefs. Beliefs of this type limit a person's thinking by providing irrational, inflexible responses to life's situations, instead of developing effective solutions. Rather than being resilient and creative, they do things a certain way every time – whether that way is useful or not.

“This is too awful, I can’t stand it.”

Low Frustration Tolerance

The Holocaust (where the Nazis murdered millions of Jews) was awful. Someone cutting in front of you in line is frustrating, but it is not awful. However, people with *Low Frustration Tolerance* feel as if they can not stand any problem and get themselves all worked up.



DYSREASONING EFFECT

“This is hard. I’ll never be able to do it. Then they’ll really think I’m stupid. If I feel bad, I need a few drinks to feel better.”

Irrational Core Beliefs

I’m unlovable.

I’m incompetent

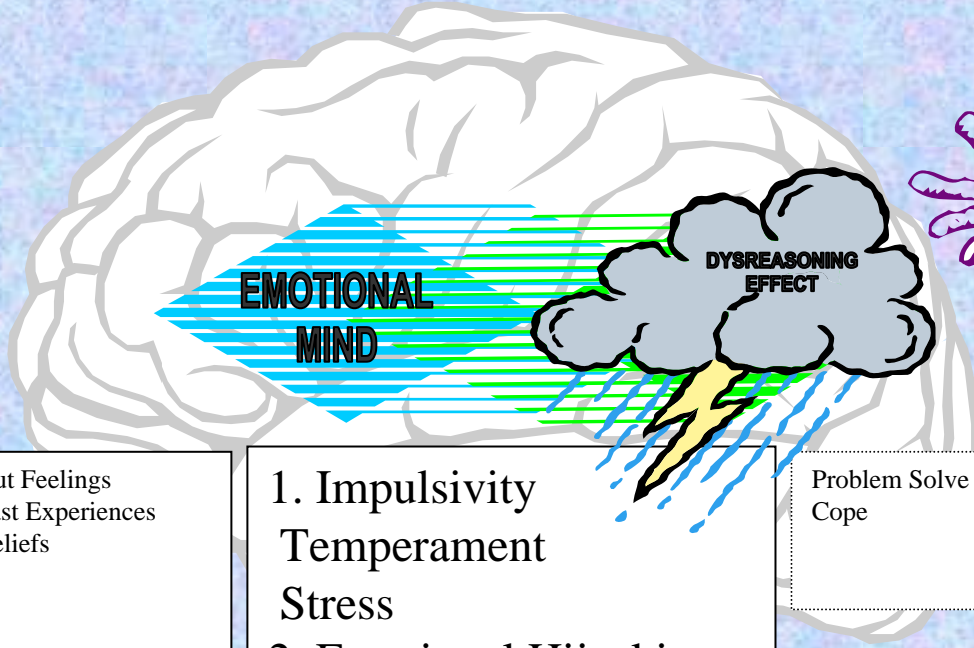
The world is a rotten place.

Everyone is out to hurt me.

You can’t trust anyone.



These are true sometimes, but not most of the time. However, if you think they are true all the time, you will have a lot of unnecessary problems.



- 1. Gut Feelings
- 2. Past Experiences
- 3. Beliefs

- 1. Impulsivity
- Temperament
- Stress
- 2. Emotional Hijacking
- 3. Clouded Judgment
- 4. Irrational Beliefs
- 5. Avoidance Strategies**

Problem Solve or Cope



The emotions we often experience when things are not going our way are anger, sadness, fear and anxiety. These emotions can bias a person's thoughts and lead to the development of habitual avoidance strategies that result in their neglecting the sources of their problems.

A person's thoughts might be: *This is awful and there is nothing I can do about it.* Those thoughts might make a person feel **SAD** and see themselves as powerless. As a result, they will just give up and do nothing to solve their problems. *What's the use of trying to stay sober, I can't help myself.*



DYSREASONING EFFECT

A person might think:
*This is bad and I don't
know what to do.* This
will make them feel
ANXIOUS and
ruminate, rather than
act. Drinking then
becomes attractive as a
relief from this stress.



DYSREASONING EFFECT

A person might think: *This is awful - I've just got to get away.* These thoughts will make them experience **FEAR** and feel like running away, literally or in their heads. They can easily rationalize, minimize, intellectualize and procrastinate rather than trying to solve their problems. *Sure, I drink some, but it's not really that bad.*



DYSREASONING EFFECT

They might have thoughts like, *This is not fair - he'll pay for doing that.* Some people feel **ANGRY** and see others as the source of their problems. They will believe that others need to change, not themselves, before a situation can get better. As a result, they will not take constructive actions to solve their problems.



DYSREASONING EFFECT

Some **ANGRY** people become aggressive and risk retribution from others. *To hell with them, I don't care what they think. I'll drink if I want to.*

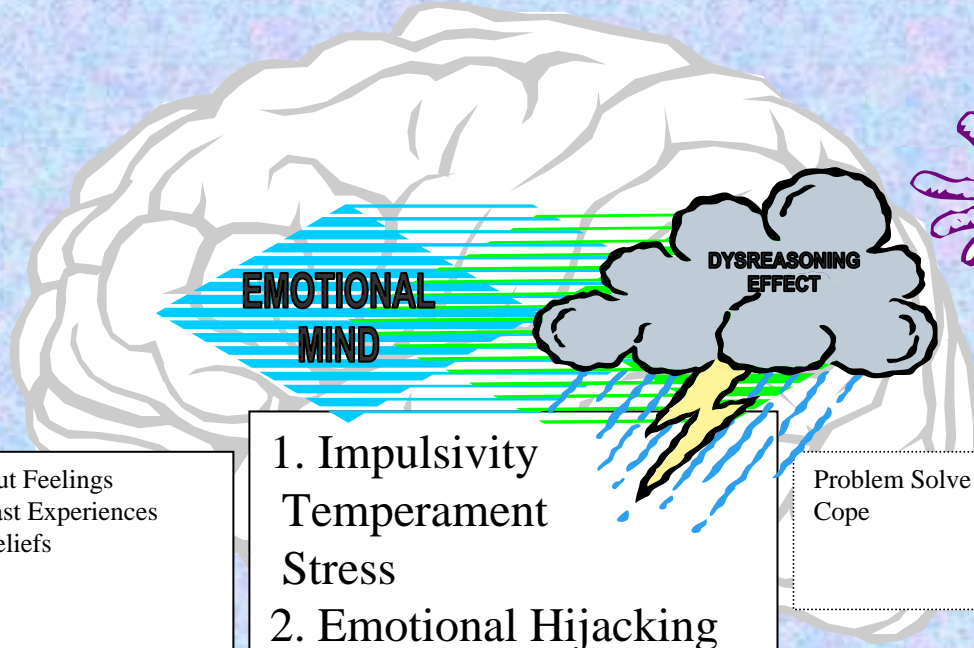


DYSREASONING EFFECT

Another avoidance strategy is to seek palliative relief. People sometimes **do things that make them feel good, at least temporarily, but that do not address the source of the problem.** They overeat, gamble, shop, or use alcohol and other drugs. They may do something that makes them feel dominant and powerful. They kick the dog or yell at the kids.



DYSREASONING EFFECT



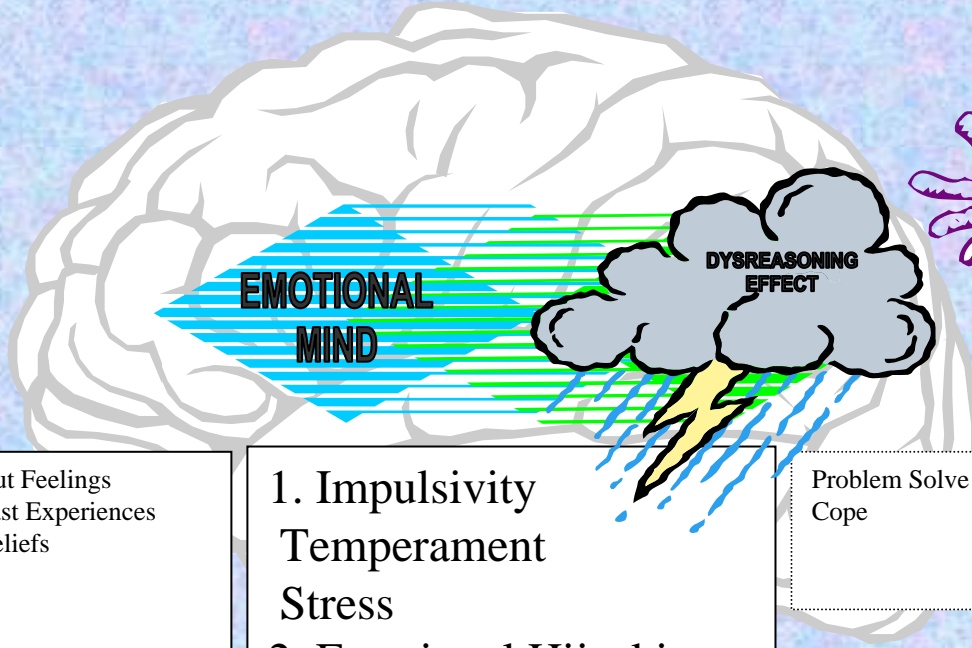
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- 1. Impulsivity
Temperament
Stress
- 2. Emotional Hijacking
- 3. Clouded Judgment
- 4. Irrational Beliefs
- 5. Avoidance Strategies
- 6. Alcohol & Other Drugs

Problem Solve or Cope



Alcohol and other drugs can also lead to a dysreasoning effect by altering brain functions. While alcohol and other drugs affect all brain functioning, they tend to diminish higher cognitive functions, tuning off the thinking mind, quicker and to a greater extent than they do the emotional mind.



- 1. Gut Feelings
- 2. Past Experiences
- 3. Beliefs

- 1. Impulsivity
- Temperament
- Stress
- 2. Emotional Hijacking
- 3. Clouded Judgment
- 4. Irrational Beliefs
- 5. Avoidance Strategies
- 6. Alcohol & Other Drugs
- 7. **Mental Disorder**

Problem Solve or Cope



Mental disorders may also be a dysreasoning effect, because they can distort a person's ideas about reality.

DYSREASONING EFFECT

**Impulsivity
(temperament/stress)**

Emotional Hijacking

To be in control of your life – you need to eliminate any dysreasoning effects that get in the way of clear thinking.

**Alcohol and Other
Drugs
Mental Disorder**

Write the number 15 on your piece of paper. Then write a sentence or two on what you think each of these techniques are and how they might help eliminate dysreasoning effects.

Value Clarification

Refuting Irrational Beliefs

Management of Emotions

Problem Solving

Relaxation Training

**Recognizing Problem Areas and
Response Rehearsals**

Write the number 16 on your piece of paper. Then write a sentence or two on which of these techniques you think would be most useful for you to use more often and why.

Value Clarification

Refuting Irrational Beliefs

Management of Emotions

Problem Solving

Relaxation Training

**Recognizing Problem Areas and
Response Rehearsals**

