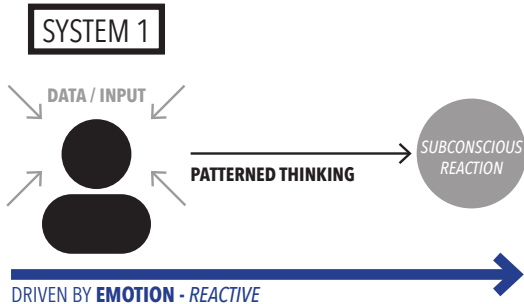


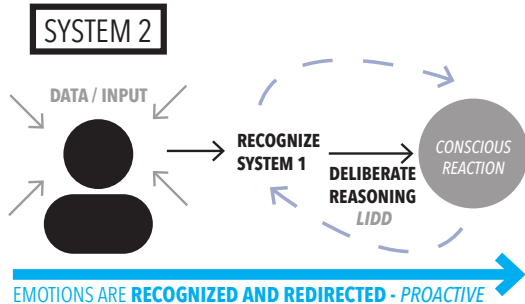
SYSTEMS THINKING

A TOOL FOR UNDERSTANDING THE PROPER USE OF *emotions*

We have emotions for a reason. They are an alarm, telling us something is going on. They have value and are important **but** they are not trustworthy, only tell part of the story, and should be used as a navigator **not** a driver.



FEEL → **ACT** → **THINK**



FEEL → **THINK** → **ACT**

SYSTEM 1

- Automatic
- Reactionary
- Subconscious
- Learned
- Fills in the gaps with assumptions and stories based on memory and previous experiences (Patterned thinking)
- Uses less energy and capacity

SYSTEM 2

- Manual
- Responsive
- Conscious
- Intentional
- Discovers the truth of what is happening (Focused thinking)
- Uses more energy and capacity
- Lazy

- Neither is better or worse than the other, each is necessary
- Some of our System 1 behaviors are negative behaviors
 - These have been modeled for us by:
 - Parents, Role Models, Culture
 - Some have been adapted as coping mechanisms meant to protect us
 - Defensiveness, Anger, Blame Shifting

PROPER USE OF EMOTIONS

- When something happens that triggers our emotions we tend to rely heavily on our System 1
 - Feel-act-think
- We need to learn how to discern and train ourselves to engage our System 2 when our emotions are triggered
 - Feel-think-act
- LIDD is a process we can go through when emotions are triggered:
 - L**isten
 - I**nvestigate
 - D**ecide (based on values)
 - D**ismiss (release with gratitude)
- Continued and appropriate use of System 2 creates a better System 1
- We create muscle memory, shaping and growing our character and abilities