

Self- Defense for the Mind- Dr. Ron Travenick

Vice President Student Services/Student Development
Wednesday, October 19, 2011, 1:00pm – 2:00pm
Building 7, Room 7101

This workshop parallels martial arts principles, techniques and strategies to the world of academia. Focusing on the power of language and getting yourself “in shape” to be in positive conversations and out of “powerlessness.”



- Introduction- Welcome to the Dojo
- The human condition
 - Fight flight and constant rehearsing
- A change of perspective
- Assumptions, assertions and requests
 - "A mind once stretched, can not return to its original size"
 - Olliver Wendell Holmes

Outline

- A **dojo** (道場 *dōjō*?) is a Japanese term which literally means "place of the way".typically it is considered the formal gathering place for students of any Japanese martial arts style to conduct training, examinations and other related encounters.

Personal commitment to effort and learning



A place of learning

- Where we start from as humans
 - Fight and Flight -the physical response
 - Reptile Brain- survival mode

Reaction vs. Response

Set up for the short term and survival vs long term effect

Loss of speech- loss of abstraction



Who are we

- A rational (thinking) reaction
- Takes time
- Is not first reaction
- Can often exaggerate reality
 - Disaster scenarios
 - Rehearsal for purpose of rehearsal

The thinking response





Fight or Flight

Rehearsing



Victor

or

Victims



Perspectives

- Using this lens requires asking yourself two simple questions when you feel you're being treated badly or unfairly. "What are the facts in this situation?", "What's the story I'm telling myself about those facts?"
- Making this distinction allows you to stand outside your experience, rather It also opens the possibility that whatever story you're currently telling yourself isn't necessarily the only way to look at your situation.
- Realistic optimism, a term coined by the psychologist Sandra Schneider, the most hopeful and empowering story about a given circumstance without subverting the facts. "How would I act here at my best?"

The Lens of Realistic Optimism

- . This lens requires viewing the world through the lens of the person who triggered you.
- With the reverse lens, you ask yourself, "What is this person feeling, and in what ways does that make sense?" Or put more starkly: "Where's my responsibility in all this?"
- Counterintuitively, one of the most powerful ways to reclaim your value, when it feels threatened, is to find a way to appreciate the perspective of the person you feel devalued by. It's called empathy.
- Just as you do, others tend to behave better when they feel seen and valued — especially since insecurity is what usually prompts them to act badly in the first place.

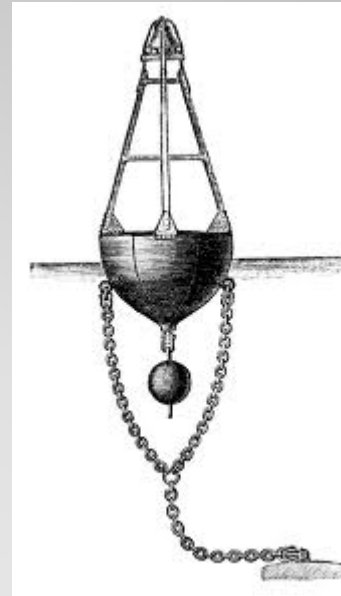
The Reverse Lens

- . Sometimes your worst fears about another person turn out to be true. He is someone who bullies you unreasonably and seeing it from his perspective doesn't help. She does invariably take credit for your work.
- When your current circumstances are incontrovertibly bad, the long lens provides a way of looking beyond the present to imagine a better future. Begin with this question: "Regardless of how I feel about what's happening right now, how can I grow and learn from this experience?"
- How many times has something that felt terrible to you in the moment turned out to be trivial several months later, or actually led you to an important opportunity or a positive new direction?
- My last boss fired me. It felt awful at the time, but it also pushed me way out of my comfort zone, which is where it turned out I needed to go.

The Long Lens

- Importance of language
 - Assertions
 - Requests
 - Assumptions

“Breakdown”



It is what is under the surface that counts!