

Mood Smoothie
Chapter 3:
Blending Intuition
with Factual
Knowledge



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Recall From Previous Chapters

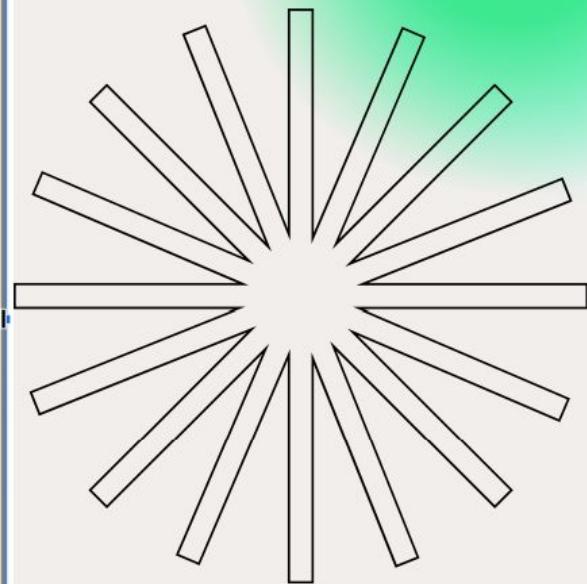
ALL EMOTIONS, EVEN
UNCOMFORTABLE
ONES, ARE VALUABLE

Fear -- Alerts us to danger and allows us to protect ourselves.

Anxiety -- Motivates us to action (to study; find solutions to problems; perform better).

Anger -- Alerts us to situations in which we may be getting taken advantage of and in which it is in our best interest to stand up for ourselves.

Sadness -- Alerts us that we may need to connect with others.



At the same time, things that have happened in the past, how we are feeling at the moment, and a lot of other factors, lead us to think about situations in a different way than others might understand the same situation.

WHICH MAKES IT CONFUSING TO KNOW THE "RIGHT" WAY TO THINK ABOUT THINGS!





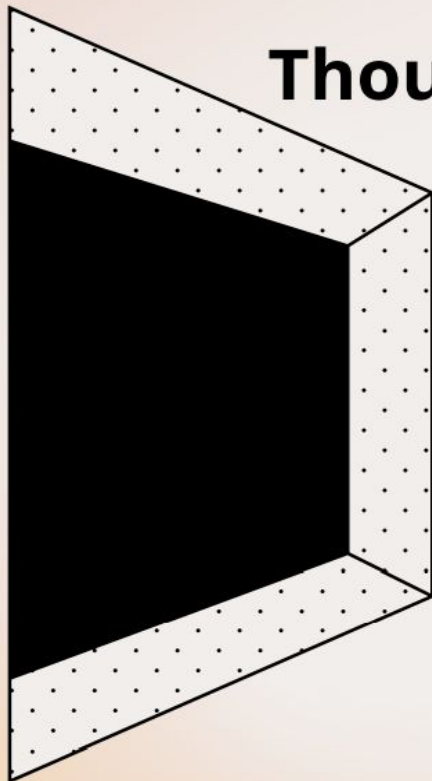
Emotions are like lightning

PRO: Because our emotions are very fast (such as feeling scared as soon as one sees a snake), we are alerted to possible dangers around us immediately.

CON: Listening to emotions without taking the time to consider facts might lead to impulsive responses (that is, lead to not thinking about the consequences of what we do) and might lead to an inaccurate understanding of the situation.



Thoughts are like thunder



PRO: They help us understand the meaning of the emotion (e.g. I am scared of the snake because it might attack me). Thoughts have the potential to be based on facts.

CON: They can be exaggerated or otherwise inaccurate interpretations of events, and they can lead to negative feelings being more intense.



Examples of Unhelpful Thinking Styles



All or Nothing Thinking

If I don't do it perfectly, then I have failed.



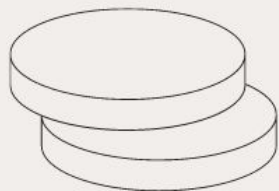
Jumping to conclusions

She looks upset; she must be mad at me.



Personalization

If something does not go as planned, it is all my fault, or all someone else's fault.



Benefits of Blending Intuition and Facts, Continued



Flexible Thinking
means thinking about things in a different way.

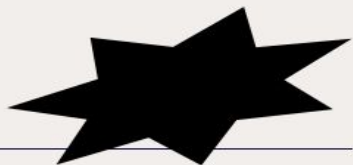


Intrinsic Motivation
means being motivated to do something because it makes us feel good, as opposed to because we are getting something from others.



Being Effective
This means doing what is needed to make a situation better, as opposed to proving one is "right" or "correct.:

Benefits of Blending Intuition with Factual Knowledge



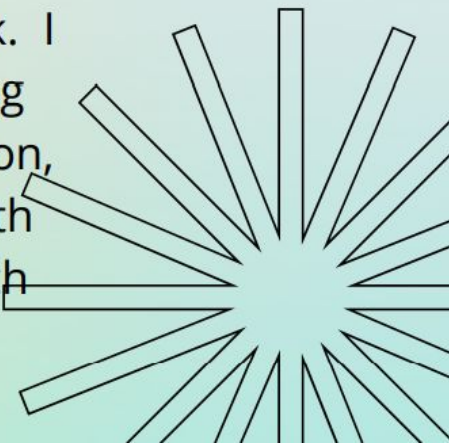
What we
want to do is
"blend" facts
with intuition.



- It helps us think more **flexibly**
- It increases our **intrinsic motivation**
- It helps us do what is more **effective**

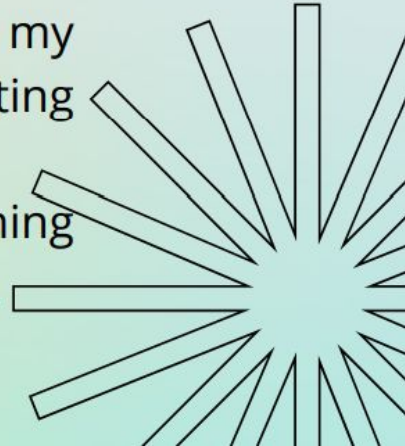
Flexible Thinking Example

- I looked all over the house and could not find my book. I am going to do something else and then try searching again later. *Note: Here I am listening to my frustration, which is telling me to stop looking, and blending it with factual knowledge that the book is in the house, which prevents me from giving up completely.



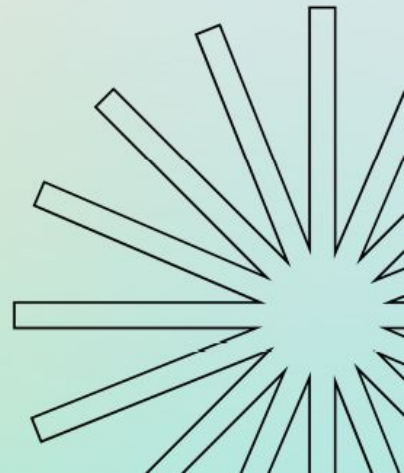
Intrinsic Motivation Example

- I volunteer for a charity event because it is in line with my value of helping the community, not because I am getting payment or recognition for it. ***Note:** *I know* that volunteering helps the community, but I am also listening to my feelings about how I want to spend my time.



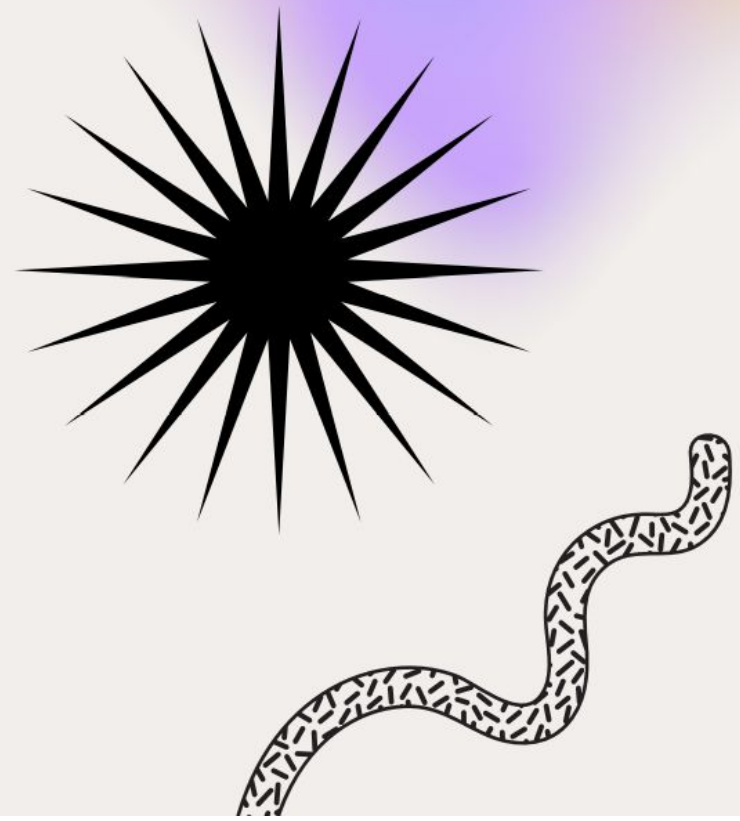
Example of Being Effective

- I look at my receipt and realized that I was over-charged for an item at the grocery store. I tell the cashier and they refund me the difference. They apologize and tell me that the cash register has been glitching all day. I know this is incorrect, that they actually had made an error, but I let this go because I am getting my money back, and that is more important than proving I am right!



How to Blend Intuition with Factual Knowledge

Step One: Wait
Before Acting



Why Wait?



According to Nobel-Prize Winning Behavioral Economist, Daniel Kahneman intuition is often inaccurate because our minds try to confirm our inner beliefs, which are biased by our beliefs and previous experiences. See <https://www.thinkadvisor.com/2018/11/16/daniel-kahneman-do-not-trust-your-intuition-even-for-stock-picking/> for a good article on Daniel Kahneman.

For example, if we believe that a party is going to be boring, our minds will over-focus on any part of it that is boring in order to confirm the belief that it is boring. While Kahneman acknowledges that intuition can be helpful in certain circumstances, he emphasizes that 3 conditions must be met if we are to use intuition:

- Regularity in the subject area (such as a game that has established rules)
- Getting a lot of practice in the area in which we are using your intuition to make choices.
- Getting immediate feedback from others to point out our "blind spots," or the part of a situation we are not understanding because we can only process a limited information in a given time. This information is biased by our beliefs and experiences.

Step 2: Step out of one's mind for a moment and rethink one's interpretations and choices

You can do this by using a technique taught in Radically Open Dialectical Behavior Therapy (RO-DBT) known as the Awareness Continuum. In short, this involves taking a thought, such as "I am upset she did not include me" and tweaking it to acknowledge that it is a thought that was created by one's mind (regardless of how accurate it might be). Using the above example, one might say, "I am aware of the thought that she did not include me and I am aware of the feeling of hurt I am experiencing when I have that thought."

Step 3: Get feedback from a trusted person and consider their point of view before acting



Step 4: Consider being effective versus proving one is "right" or "correct"

This concept is discussed in the Dialectical Behavior Therapy (DBT) skill of **DEAR MAN**

Good Resource for **DEAR MAN**:

<https://www.therapistaid.com/worksheets/dbt-interpersonal-effectiveness-skills.pdf>

That's all for now

**See you in the next
slideshow!**



Thank you!

