



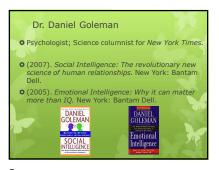
Emotions are Contagious

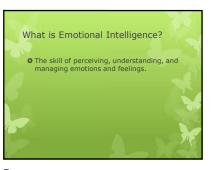
Controlled by the amygdala.
Automatic: can't be stopped.
Proves we are innately empathetic.

What is the most common nerve-racking experience?
A baby crying.

We are biologically ingrained to perpetuate the species.

1 4 28





Frontal Cortex

Center for learning.
Last to develop in humans and through puberty.
Why juvenile offenders are taught through therapy.
If we can interpret an emotion, it helps us calm and control it.
Lying is learned. (Amygdala compels honesty)
Creates a delay because it's unnatural response.
www.microexpressions.com

Learning centers pliable through life.
Harder, not impossible, to teach an old dog.

2 5 30





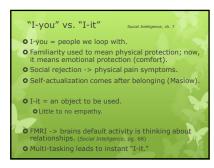
Most Powerful Emotions?

• Anger (fear) & Sex.
• Support survival of species.

• What sort of feeling do you get from media?
• 20 Google news scroll on my phone 2/4/21.
• 13 anger, division, fear.
• Violet crime is left what it was in 1990 (TBI). Do you feel safer?
• 4 sex driven.
• 1 human connection.
• 2 Native advertisement

31

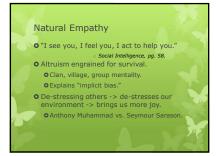


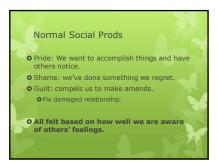


Group Dynamics

O Healthy: Comfortable to speak up.
O Unhealthy: Have to keep boss happy.
O Well's Fargo: Employees opened millions of false accounts to keep "management" happy.
O Highlights the need for whistleblower protections.

32 35 39





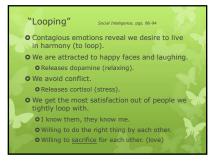
"Us-Them"

O Us-Them = I-it plural
O Racism, prejudice, hate of others (them).

Emotional involvement bridge divide.
O Have an I-you relationship with one of "them."
O Wars ended with marriage between relatives of opposing sides.
O Blood covenant (mixed blood children) is irreversible.

O Russel Peters (comedian).

33 36 40



Damaged Empathy

O Narcissism
O Flourish when faced with challenge. Performers, politicians.
Healthy: self-regard=talent, open to criticism, reflective.
Unhealthy: lack healthy self-worth, hypersensitive, bully.
Machiavellan
O Arrogant, manipulative, ends justify, take all credit.
Psychopath
O Oblivious to punishment, immune to stress/anxiety.

O Autism
O Very literal, trouble with socialization.
Can be taught what expressions mean & appropriate social action.

What Now?

O Concern = a person's capacity for compassion.
Influence = "Constructively shaping the of outcome interaction." (social Intelligence, pg. 95)
Priming = we can teach ourselves (and others) how to prepare and respond to adversity through self-talk and clear messaging.
O Spread "right-sized" fear/anger with positive outcomes thought through.
O Sleep on it.

34 37 41