

Core Concepts

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1. The anatomy of personhood

- a. The formation of the two selves, hemispheres- storytelling, perception-image-narrative
- b. The genetic imperative to survive, the inadvertent damage of disrespect in childrearing and the development of the amygdala driven triggering anxiety and defensiveness
- c. The conversion of fear for survival to threat to meaningfulness
- d. The acceptance of the power - over path vs. empathic respect
- e. The disturbance of impulse

2. The impact of power-over and defensiveness on:

- a. Effectiveness
- b. Wholeheartedness
- c. Differentiation
- d. Competence
- e. Capacity for bliss (being)

3. The anatomy of field

- a. Interpersonal
- b. Internal

4. The anatomy of thinking-to-learn/thinking-to-create

- a. Perception-confusion-trail connecting-testing-acceptance or rejection (continual monitoring for consequence to own meaningfulness)
- b. Thinking tools to increase effectiveness

5. The anatomy of taking action-implementing

- a. Improvising and "rote" acting (invent-image-rehearse (storytell)-experiment)

6. The impact of threat on thinking and implementing

7. The anatomy of relationship

- a. Field and meaningfulness

8. Internal competence

9. Interpersonal competence

The "Must Cover" Points Unit One

Self-Discovery vs. Hidden Self

1. My self- feelings of meaningfulness- fell under attack from early in life – culture of assumed perfection
2. Anxiety as a governing force
3. Anger and malevolence may be the residue of mistreatment
4. Self-treatment modeled on my treatment as a child
5. Immunity to favorable experience- I am tuned to flaws and relate to self largely with criticism and punishment
6. I become centered on defense, safety and impression management
7. I tend to protect myself from the process of learning
8. I need an internal field that supports me fiercely
9. I need to hang my anxiety and learn to soothe it vs. avoid

Dialogue

1. A special field that frees me to share my experience
2. Learn to listen to make connections and build rather than evaluate and critique- change the field from adversarial to mutual
3. Arrive at meetings that hang together rather than fragment into different opinions
4. Dispense with the need to defend myself
5. First an experience, then my tentative conclusion
6. Learn to fearlessly think *with* you even on a tacit level (tacit is a visceral acceptance of another at a deeper level than approval or disapproval)
7. Tacit gives an added dimension to your meanings and mine
8. Tacit may allow me to create new ways of using your thinking to make mine more effective
9. Group learning when there is tacit acceptance of each other can develop support for meanings that are otherwise unattainable
10. My core self want to join and have meaning...and given interpersonal security, I may open myself to new levels of self-learning
11. Appreciation of mutual meaning leads to the bliss of connectedness-salvation
12. I may be able to develop a new, liberating understanding of the meaning of equality

Experience Exchange

1. The heart of relationship and field...material for connecting
2. Conscious story-telling to convert event to experience
3. Practical intimacy-courage to share my whole story with the exception of the sensual
4. Courage to perceive and connect with myself—self-exploration
5. To connect to myself through the experiences of others
6. The wisdom of the group is greater than any one

Eyewitness vs. Hearsay Statement

1. First person reports invite me to interact with the information
2. Empathy helps me connect to make meaning from another's story
3. I learn the way I like best – by making my own connections

Unit Two

Creativity and Life Skills

1. I can identify the actions that get in my way
2. Learn to manage myself to create positive field
3. Impeding creativity invites destructiveness
4. Thinking operations are creative operations
5. Thinking is imaging
6. The difference between remembering and creating is a degree of risk
7. Continual appreciation of the thinking/creative process
8. The activity of being a person is the activity of meaning making
9. The steps in creating meaning: perceive, accepting confusion, trail connecting, testing
10. Hypothesizing (guessing) vs. asking or avoiding
11. Getting clear about the blocks to guessing, remembering, imagining, feeling empathy, planning, critical thinking- all the activities that risk mistakenness.
12. Punishment (or any power-over) denies my need to be autonomous
13. Think Tanks systematically help me to connect
14. Sharing experiences helps illuminate self-imposed limitations
15. Awareness of transmissions between me and my world...the field
16. Self discover or lose self
17. My knowing gets out of date
18. Focusing on implications versus literal

Implication Thinking

1. A word as a microchip. Each person has an unique cloud of meaning and connotations, the more extensive the better for connecting.
2. The power of accepting field – not literal
3. Wisdom is implication thinking about information

Connection-Making

1. Armature principle and anxiety
2. *Always answer yes*
3. Speculative confidence-courage
4. Stop thinking to avoid anxiety

Reflective Thinking

1. developing thinking skills needs systematic support
2. Critical that focus be on process, not *correctness*

3. Story telling skills

Thinking Tools

1. Wishing
2. Imaging
3. Approximate thinking/implication thinking
4. Excursion thinking – deliberate chaos
5. Distinguish thinking from action
6. Building thinking –methodological belief
7. Open-minded evaluation

Unit Three

The Self and Making A Self

1. Objective is differentiated self
2. Child begins other focused
3. Toward greater self-hood
 - a. Awareness of what is going on
 - b. The courage to accept all of myself
 - c. Accepting responsibility for myself
4. When I deny my responsibility, I render myself helpless
5. Self is a work-in-progress
6. Self-focus is the key to my growth
7. I am my change agent. I invent my official positions: "I am a person who" I create my field.
8. Self-soothing strategies allow me to manage my anti-development impulses
9. Being in touch with myself allows me to manage with emotional intelligence
10. Foresight and the issue of coping vs. avoidance

Differentiation, Autonomy and Self-Focus

1. Both autonomy and relationship depend upon my inner field
2. Early experience with powerlessness inclines me toward power-over other
3. Hierarchical settings tend to create fields that are adversarial
4. Woman handle being subordinate less reactively than men
5. Fields have a profound effect on developing potential
6. Blaming others has boomerang effect on development
7. Vulnerability can feel like the threat of physical annihilation
8. The stations on the self-awareness wheel- sense, feel, think, want, do
9. Dimensions of self: sensation, feelings, interpretations, intentions, actions
10. The skill of articulating in a self-focused way: this way, not that

Self-Hood

1. Honor the need for him to do it himself, me to do it myself to reinforce meaningfulness

Unit Four

Empathy

1. Connecting with but not identifying and being enmeshed with
2. Empathy is the foundation of relationships
3. Critical difference between empathy and identification
4. Necessary conditions:
 - a. Healthy differentiation so not threatened and go defensive
 - b. If imperfectly differentiated, need interpersonal security to relax defensiveness
 - c. Enough trust in my sense of self I am willing to risk giving up position and being changed.
5. Empathy and synergy: when I can attend you wholeheartedly and build, we become more than one plus one
6. Wholehearted listening to others can help me learn to listen to myself in the same way
7. When individuals in a group are skillful at empathic, wholehearted listening *and at maintaining the field that fosters it*, it becomes possible for them to multiply the capacity for connection-making almost exponentially (consider a conditioning course for InSync®)

Empathy and Self-Disclosure

1. Empathic field and unfreezing makes self available
2. Comparison with therapy group where listening tends to be critical
3. Practical intimacy
4. Narcissism to empathy- growing up
5. The male model- away from empathy and toward power-over

Relationship

1. Learning to be friends with myself
2. Relationship as an entity that perishes
3. Transmission and perception, the warp and woof of relationship
4. Relationship as dissipative structures
5. When my dissipative structures of courage, resilience, perseverance, coping, and problem-solving make the difference
6. The impact of differentiation on my field/relationship (Bowen's scale)
7. My strategies for dealing with negativity (mine and theirs)
8. The impact of support –mutuality for validation
9. Connecting as the source of bliss and being
10. Discount as anti-being, anti-bliss, anti-aliveness, anti-love
11. Relationship strengthened by coping vs. avoiding
12. Tacit relating-negativity of forked tongue
13. The isolation of the narcissist
14. Relationship and the butterfly effect-sensitive dependence on initial conditions