

Rejoining Joy

SNAPSHOTS

The Best of the Best
Rejoining Joy
and Destressing



Part 1

On Psychology: An Introduction

Section 1

Fundamentals in Psychology

P psychology is a fascinating discipline that we think we know well by virtue of constantly encountering situations in our daily lives that we believe require psychological acumen. However, it is important to realize that, beyond our personal knowledge of the psychology, it is a complex field of inquiry that is carefully studied scientifically. Because psychology is embedded in the scientific perspective, it seeks relevant theory, knowledge of core behavioural and brain processes, and advances in therapy through empirical research, or investigations producing data.

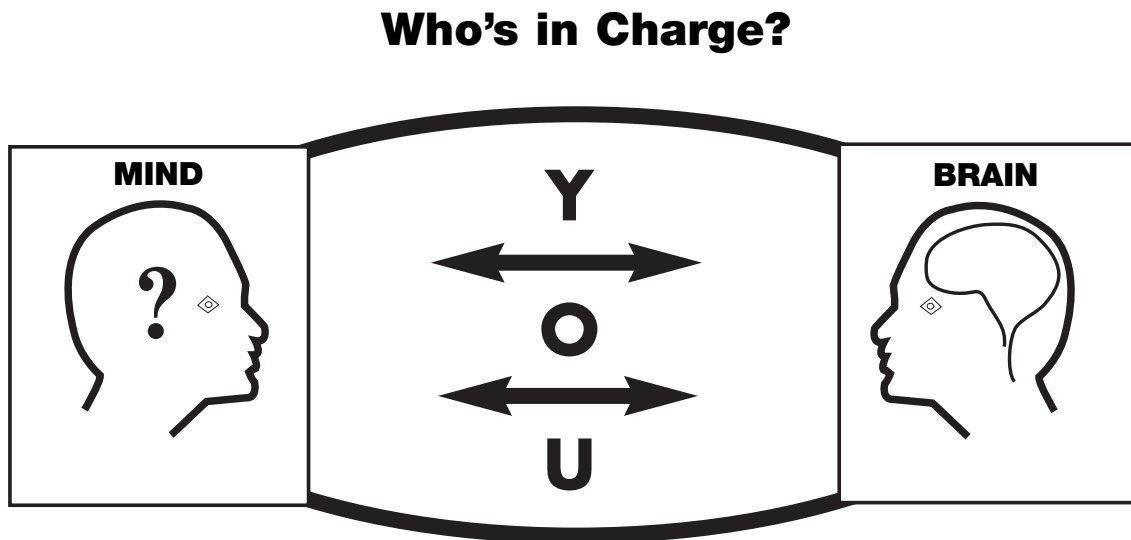
Psychologists trained to help people with their psychological difficulties are called clinical or practicing psychologists. A major focus of clinical psychology is on stress, in terms of explaining stress to clients, instructing them on stress management, or destressing, and facilitating recovery from the effects of stress. In order to better understand psychology, I review these topics and others, such as science, psychopathology, the biopsychosocial model, cognitive-behavioural therapy, pain, the brain,

emotions, coping, rehabilitation, motivation, assessment, forensics, and causality. For a more specific introduction to psychology, and the many terms and concepts in the field, the reader should consult an introductory textbook of psychology.

PSYCHOLOGY. Psychology is defined as the study of behaviour, and it seeks to describe behaviour as well as understand its origins, mechanisms, determinants, or explanation. Psychology is part of the social sciences, which also includes sociology, anthropology, and the like. Typically, social sciences are considered soft sciences compared to hard sciences such as the natural sciences, medicine, and engineering. But this does not make psychology any less scientific; it is just that it is harder to study with controlled experiments given the complexity of human behaviour, so that there are less established or well-accepted facts in the field. Despite the difficulty in studying psychology scientifically, there are thousands of psychological investigations undertaken each year.

Figure 1-6

So much of doing well psychologically concerns keeping control. This does not mean simply to always try to control the other, but it means to keep a sense of dignity, keep anger at bay, keep focused on the goal, keep family and friends in mind and together, and so on. When we take control in these positive senses, no one takes a leave.



You are in charge

- The mind and the brain influence each other
- The past offers lessons, not limits
- The present offers learning, not liabilities
- The future offers itself

Figure 3-14

The worst thing we can do under stress is to catastrophize. We all do it. We all can undo it by facing the past, present, and future. Catastrophe becomes the past when we refuse to give it a present or future.

Coping, Not Catastrophizing

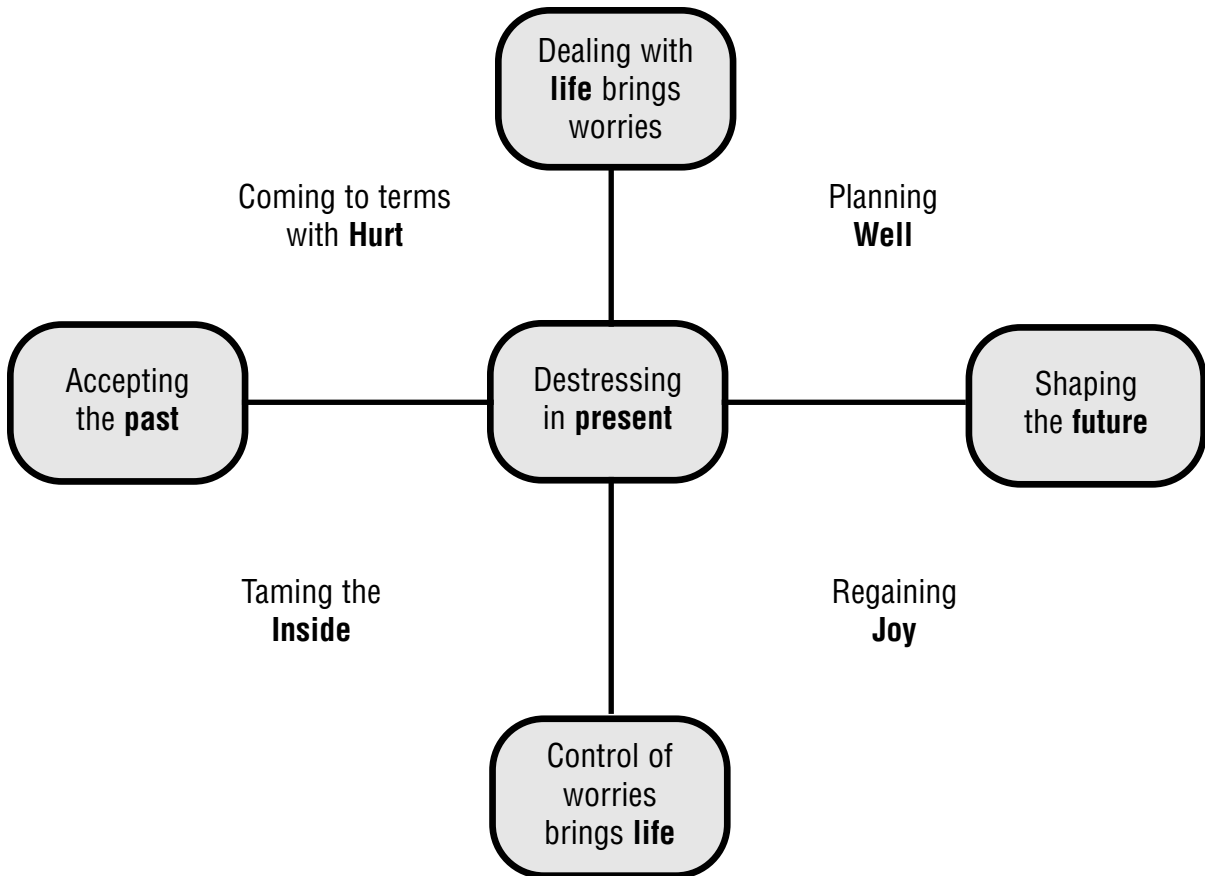


Figure 4-4

Stress may give us temporary setbacks, but it may also give us permanent strengthening.

Stress Strengthens

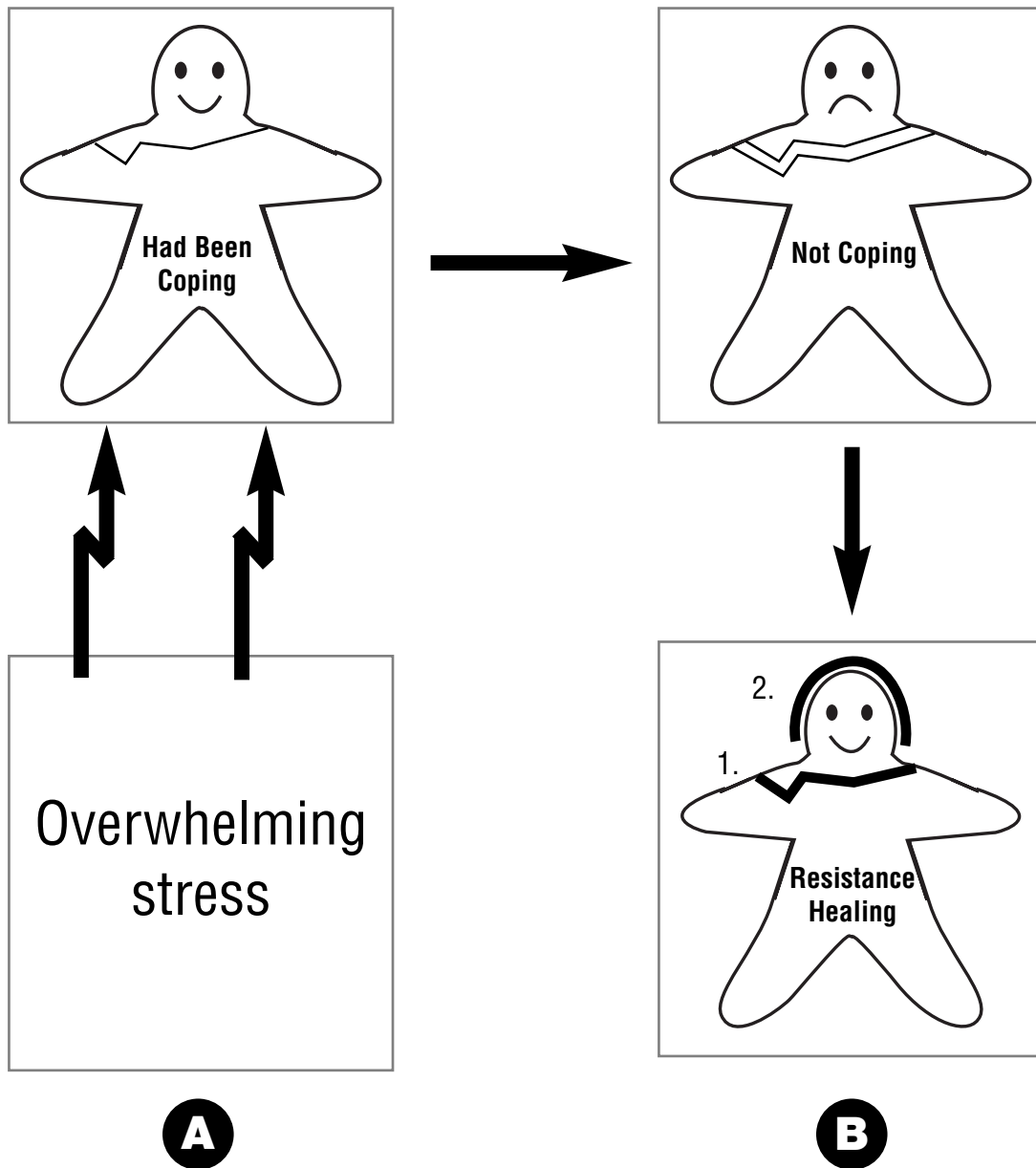


Figure 12-2

Sadness can be about the past, the present, or the future. We feel helpless, hopeless, and worthless. But we can learn to value our strengths. We can learn new ways of thinking, feeling, and acting. The past, present, and future would applaud.

Time Line

OLD WAY

- Worthless feeling about — *Past*
- Helpless feeling about — *Present*
- Hopeless feeling about — *Future*

TRANSITION

- Admiration — of courage in *Past*
- Acknowledgement — of strengths in *Present*
- Adoption — of valued vision in *Future*

NEW WAY

- *Past* — Coming to terms, accepting
- *Present* — Small steps to goals, adjusting, working through
- *Future* — Seeing, having vision, adapting

Figure 16-1

Anger is controllable. When we feel frustrated, by taking simple steps, we can prevent escalation to anger. If it is a personal dispute, we can even take a big step, and walk out of the frustrating situation and return when everyone is calmer and ready to discuss the matter. New ways of dealing with frustration and anger are contagious. Spread the bug.

Saying Good-bye To Anger

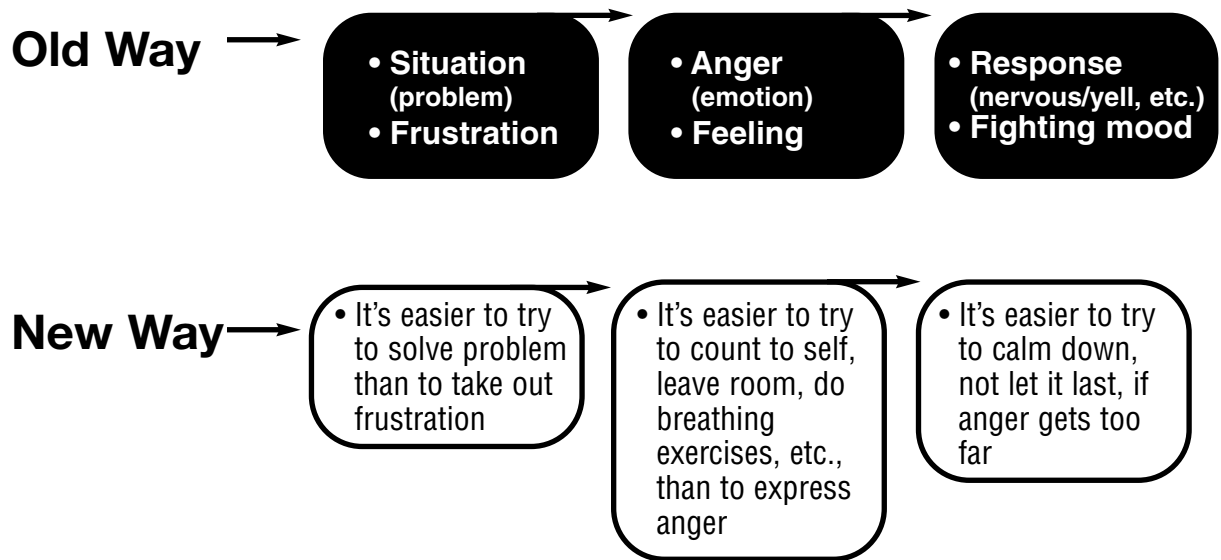


Figure 18-1

When we love with our mind and heart together, we stay together.

The Art Of Love



Paint your heart and head together

Figure 22-9

Too often, communication comes from one side of the mouth, presents one side of the story, and ends up with each partner on one side of the room. By finding middle ground, the ground becomes more solid.

Climbing the Middle Solves the Riddle

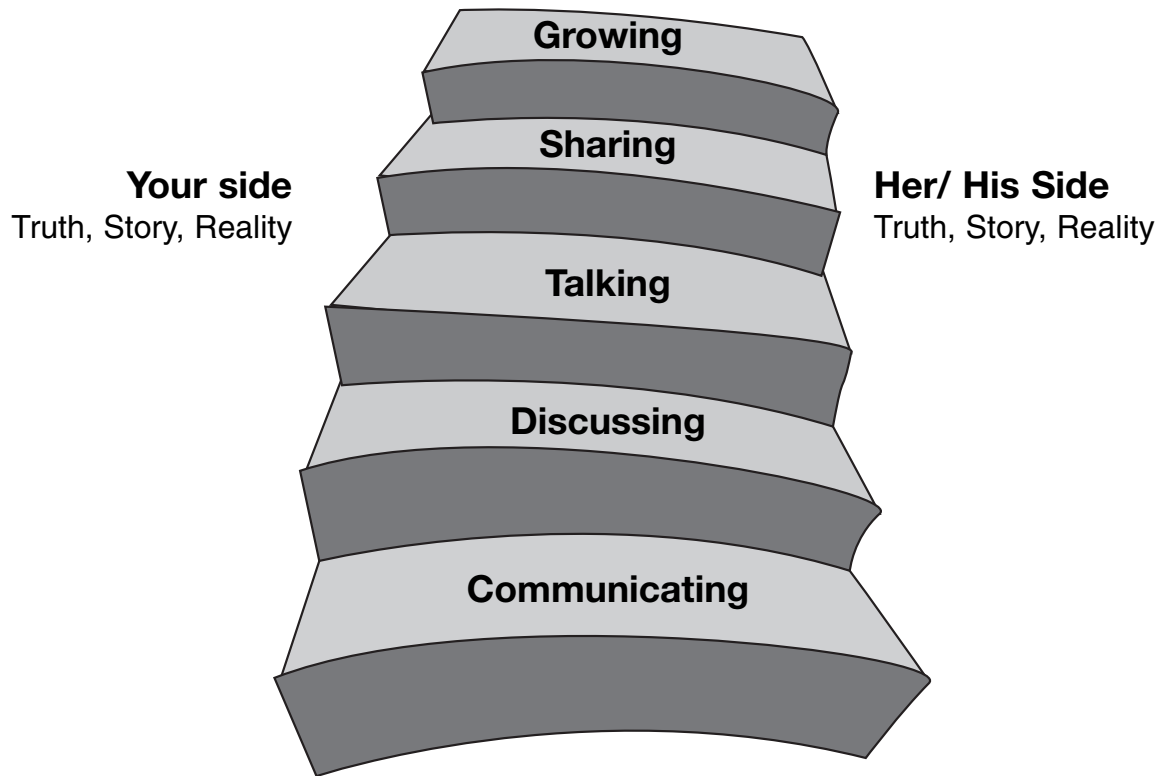
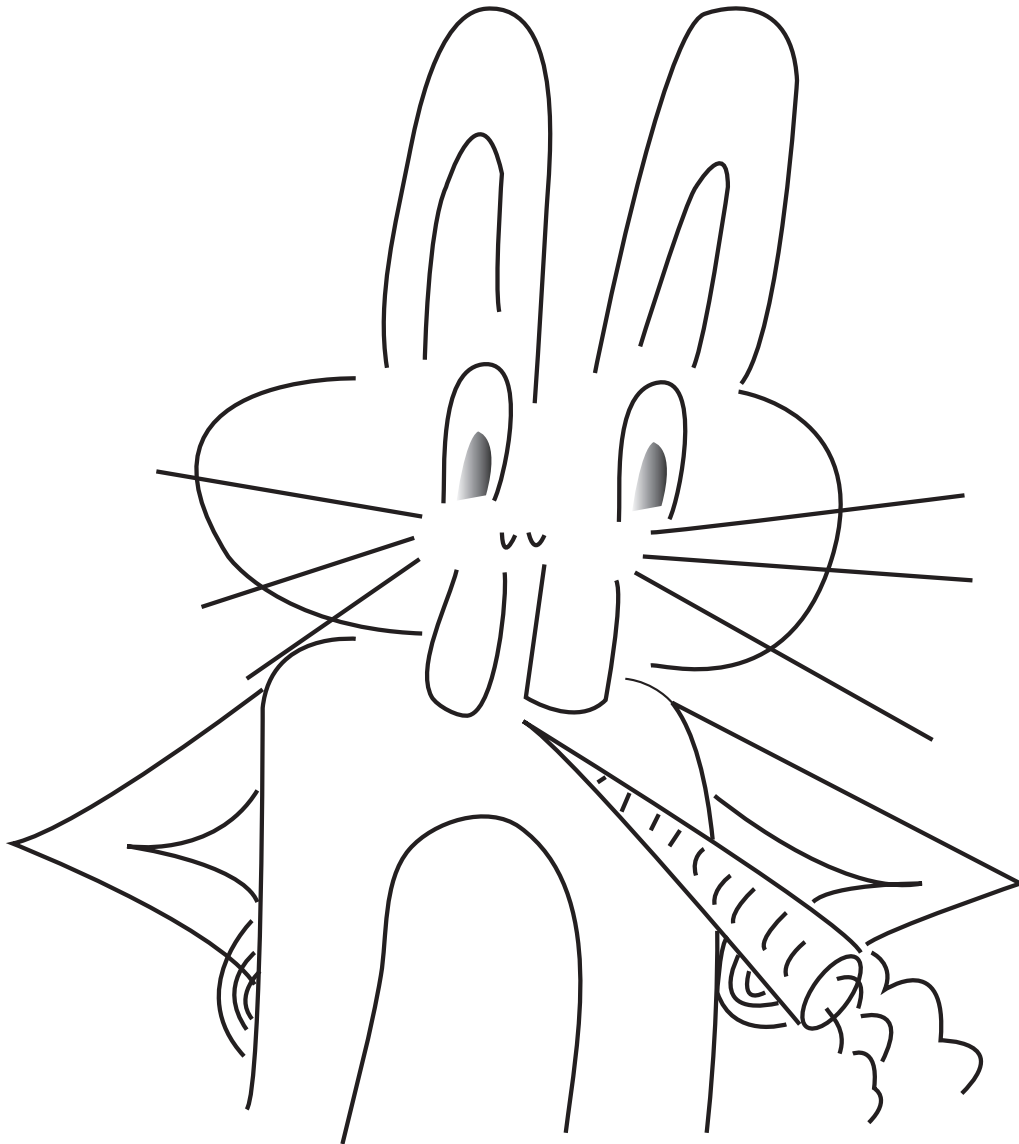


Figure 26-7

In dealing with their difficulties, children need indirect approaches as well as direct approaches. By engaging their positive side, the terrain is set for having them learn positives.

Funny Bunny



Funny Bunny sees everything as sunny

Figure 29-7

The Ten Commandments tell us mostly what not to do. These ten commandments tell us mostly what to be.

The Ten Commandments

1. We shall be sensitive, empathic, communicative, and supportive. We shall feel, sing, celebrate, pray, mourn, and share. We shall love. We shall change and grow.
2. We shall nourish and nurture, cushion and cradle, buttress and buffer, and strengthen and steel.
3. We shall help, give, and sacrifice. We shall accept the same in order to receive the same. We shall find inner peace in making peace.
4. We shall collect heart and mind together, foster caring, cultivate wisdom, sow enthusiasm, generate creativity, cherish simplicity, engender emergence, and facilitate growth in others.
5. We shall see over horizons, reach around barriers, hope beyond the future, and surpass the constraints of time, place, and person. We shall bring optimism and effort into everything that we do.
6. We shall accept the past as a lesson learned, live the present as moral learning, and move into the future in spiritual learning.
7. We shall be honest, fashion liberty, promote dignity, act equally, practice fairness, show respect, engage in fraternity, defend morality, protect security, bring vigil to and educate against hate, pursue justice, and live harmony. We shall tolerate multiplicity in peoples and in truths.
8. We shall be kind to ourselves and others, forgive ourselves and others, and trust ourselves and others.
9. We shall be responsible for all who need responsibility, for all who depend, for all without well being, for all who suffer, for all who are in pain, for all who have no anchor, for all who want hope, for all who feel hopeless, and for all things animate and inanimate. We shall do this over and over, again and again, resting to regain strength in order to restart, in repeated acts of responsibility. This is our re-responsibility to ourselves, to others, to community, and to the planet.
10. We shall commend others who live this lifestyle, and help others to live it. We shall be the best that we can be, help others be the same, and participate fully in life, for reasons beyond our immediate needs, and for reasons that stretch into the universe.



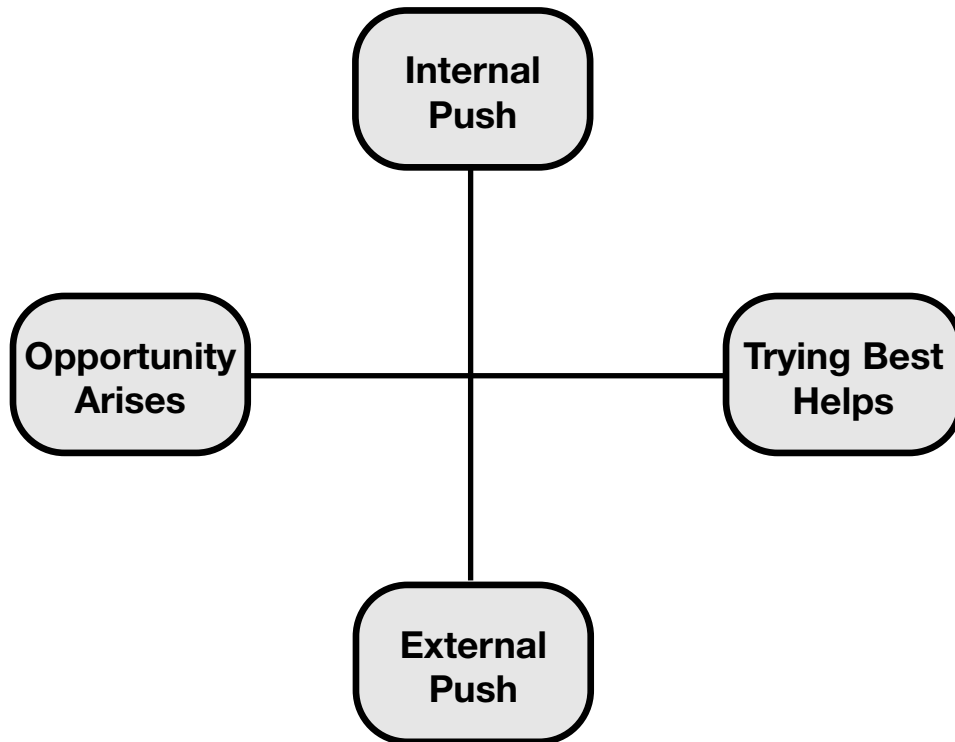
Flamingos march in unison, a harmony of individuals married to the security of the group. They gain confidence in the other, swooping over land and lake. They dance in different horizons, to rhythms inherited over generations. We also flow in shared patterns but, in addition, we find our unique song. **There are melodies that each of us can have that are clearly our own.** We can give ourselves a special voice in what we share with ourselves and with others.

Figure 12-6

Positive self-esteem keeps us on the ready for whatever opportunity presents itself from the outside. It helps us give of ourselves, from our resources, on the inside. With such an attitude, sadness cannot find too much of a place on our outside or our inside.

Self Esteem

Get Ready, Get Set, Go



Defining the Core

Each one of us has inner core psychological positives, strengths, skills, qualities, and characteristics that help define the best of who we are. No matter how bad seems the situation around us or no matter how bad we feel about ourselves, nothing is ever so negative that the power of our positive inner psychological core cannot grow and be used to advantage. Moreover, no matter what happens on the outside or how we feel on the inside, our inner positive psychological core remains at the center of our being. It remains potentially in control of anything negative that is around us or is part of us.

In this exercise, you will become more aware of your inner psychological strengths, skills, qualities, and characteristics that define your positive core.

List up to five major psychological strengths, skills, qualities, and characteristics that you see about yourself. List items about your inner psychological core, such as: being dependable, being a good friend.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

List up to five other psychological strengths, skills, qualities, and characteristics that you have but that are hidden or not necessarily seen by others. These could be inner core psychological strengths, skills, qualities, and characteristics (a) that were once present but no longer are evident, (b) that are still present but only minimally, (c) that are emerging but are not quite evident, or (d) that can develop from the start.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Helping the Core

We are not alone. We are not separate islands. We are social from birth. We deal with people from an early age, displaying interactive social skills. We learn how to talk to each other, wait our turn, enjoy activities with people, listen to instruction, and so on. We know how to work with society structures, such as schools, hospitals, and business and other institutions. We deal with professionals who help us.

In this exercise, you will appreciate better that you have resources around you that complement your inner psychological strengths, skills, qualities, and characteristics.

List up to five major social or helping resources that you use when you need to deal with a difficult situation, stress, or problem. These could concern people around you, such as family and friends, or these could concern institutional supports, such as teachers or professionals.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

List other ways that you use to help yourself deal with a difficult situation, stress, or problem. This can include relying on learned ways, reading, taking a break, and so on.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Love is a communicable need.



When love has stops and starts, start talking.



Love is a story. We are the words.



Love is a communicable need.



Love has the last word when we share the word.

When you learn to love to talk,
her talk will turn to love.

