

Learning to be an Emotionally Mature Man

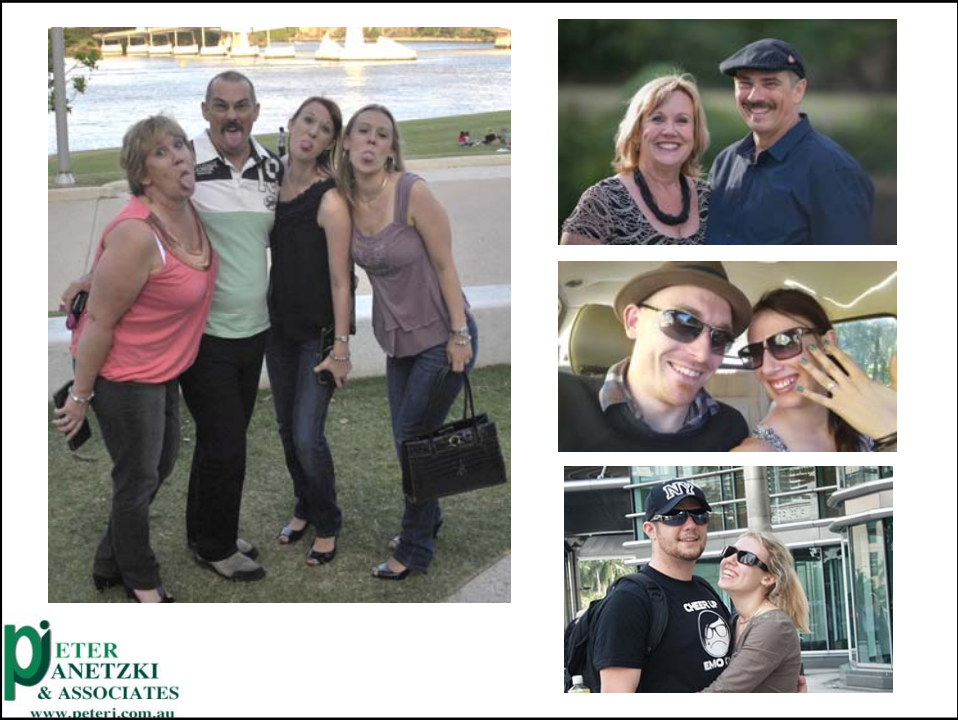
Peter Janetzki

Dip.T., Grad. Dip.Soc.Sc., M.Soc.Sc.(Counselling).
CCAA (Clin), PACFA Reg. ARCAP Reg.



96.5 FM Family
www.96five.com

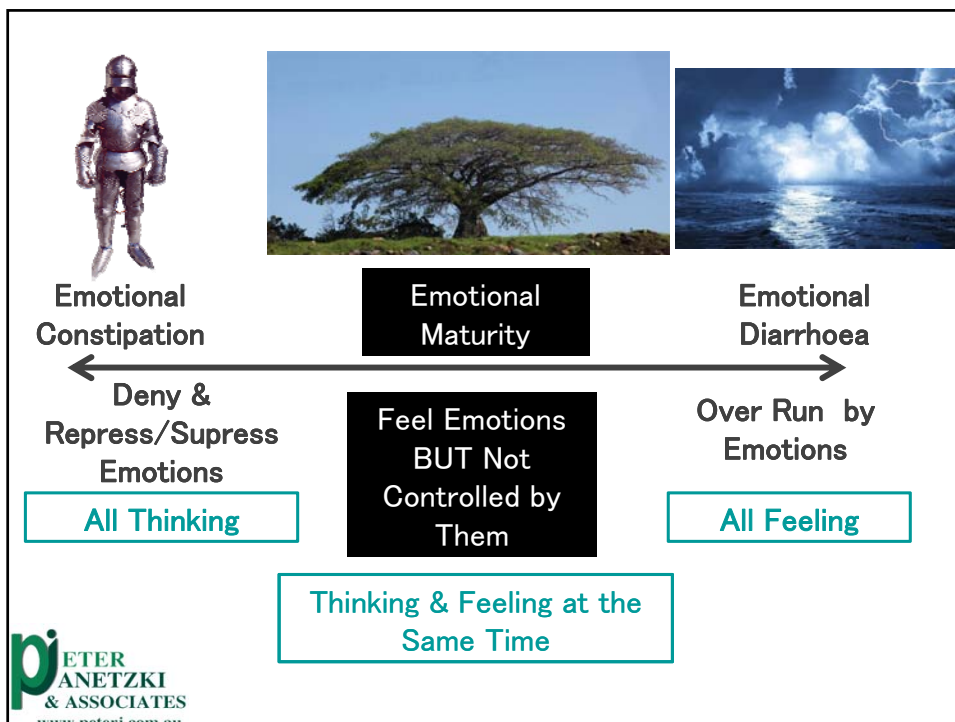
Talking Life
with Peter Janetzki
8pm - 10pm
Sunday
discussing real issues, with real people, about real life.



We all **Grow Older**
but not all **Grow Up**

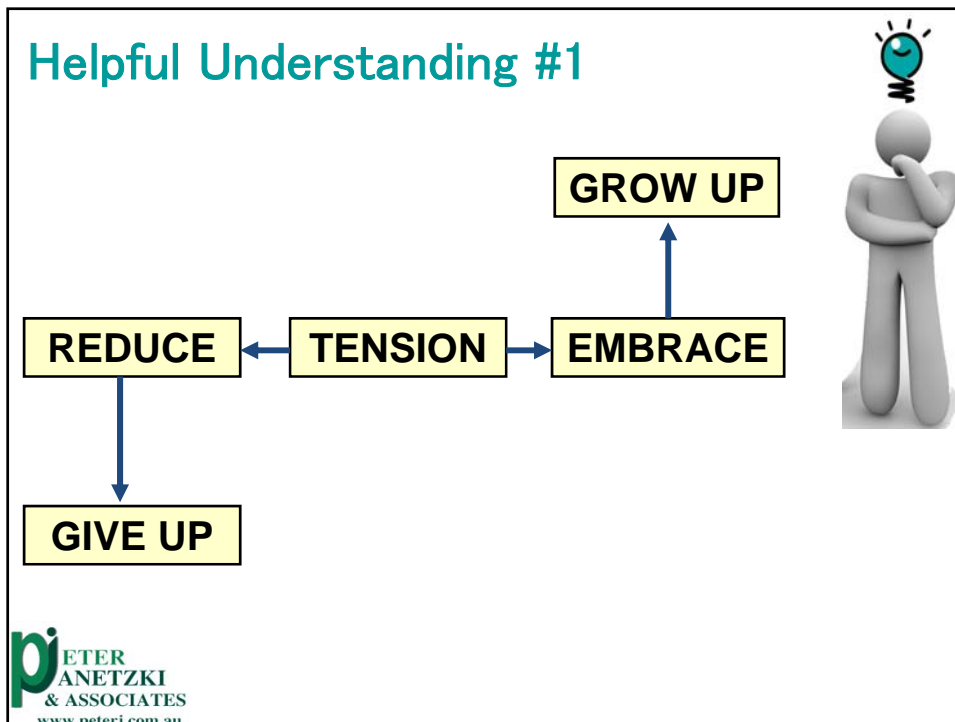
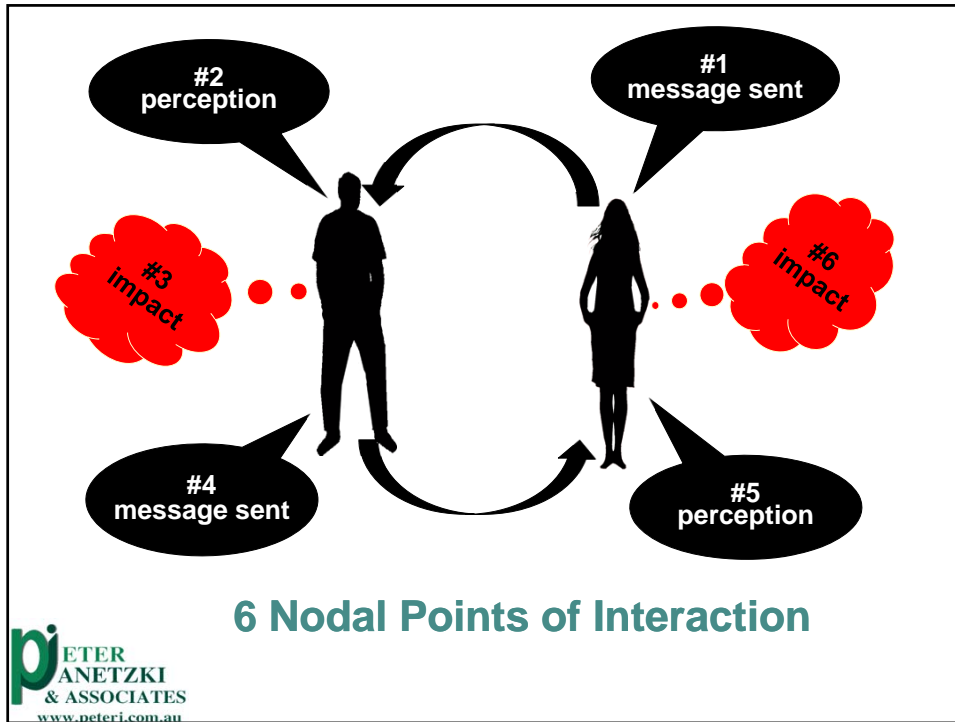


**Emotional
Immaturity
Insignificance
Insecurity**



What **happens** on the **outside**
 (Inter-personal – my relationship with others)
 is directly related to
 what is **happening on the inside**
 (Intra-personal – my relationship with myself)

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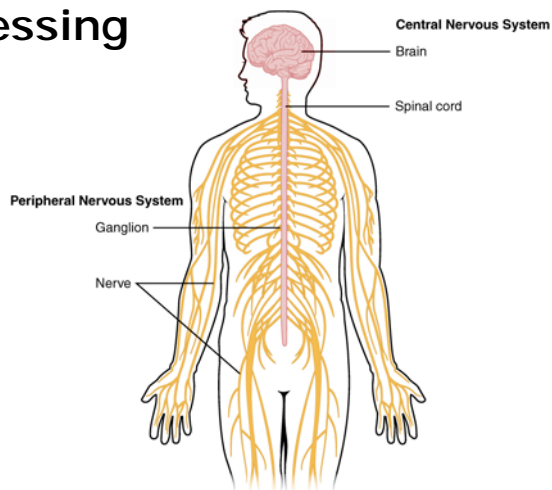


Tension Reduction is about PERCIEVED threat and survival

Two Fold Processing

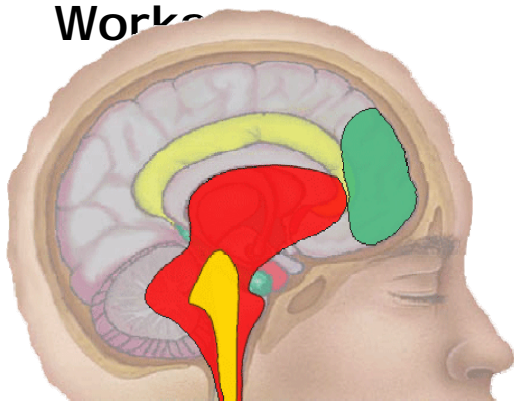
Taking In
Information &
RESPONDING

Monitoring Our
Body &
REGULATING

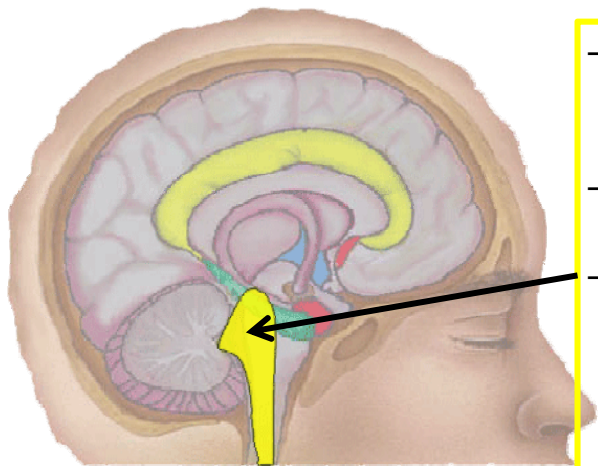


Helpful Understanding #2

How Our Brain Works

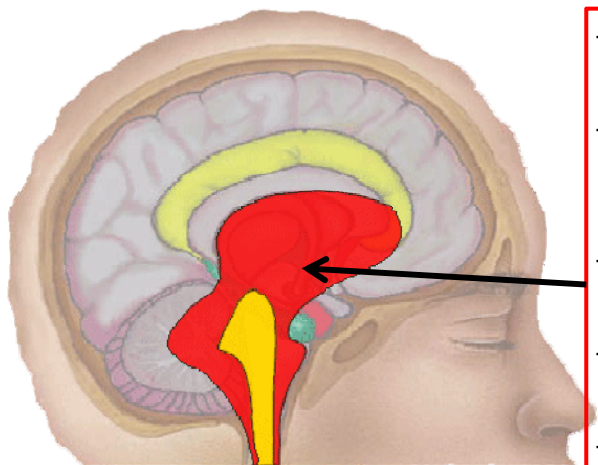


Automatic Brain



- the first part of the brain to develop
- fastest part of the brain
- runs automatic functions that keep us alive i.e. breathing, heartbeat, digestion

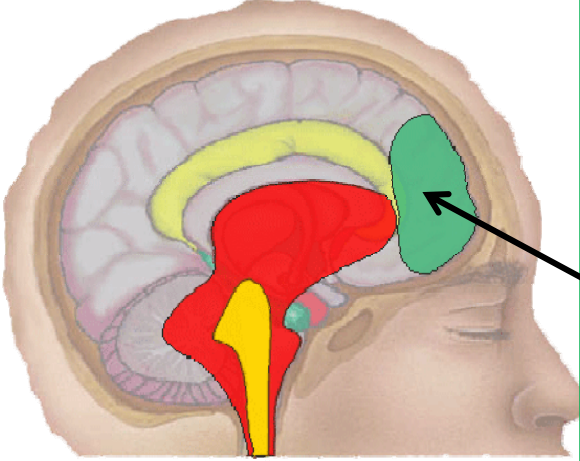
Impulsive Brain



- next fastest part of the brain
- runs on past experiences & emotions
- fear is it fastest trigger
- fires up our defences
- learns by repetition

Emotional & Experiential Brain

Smart Brain



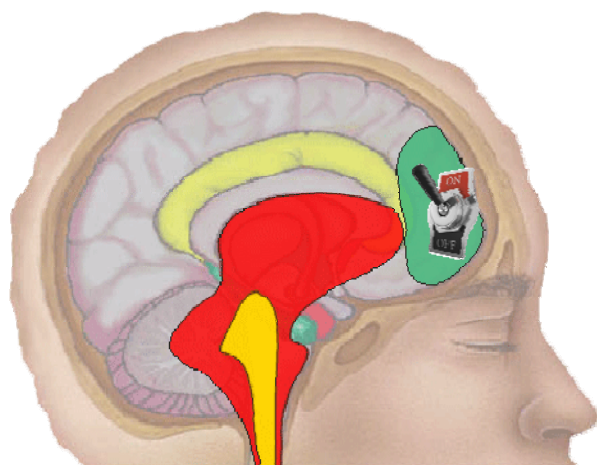
- the last part of the brain to develop
- slowest part of the brain
- helps us to think through decisions
- the first to switch off when under stress
- has the power to override the impulsive brain
- last part to mature

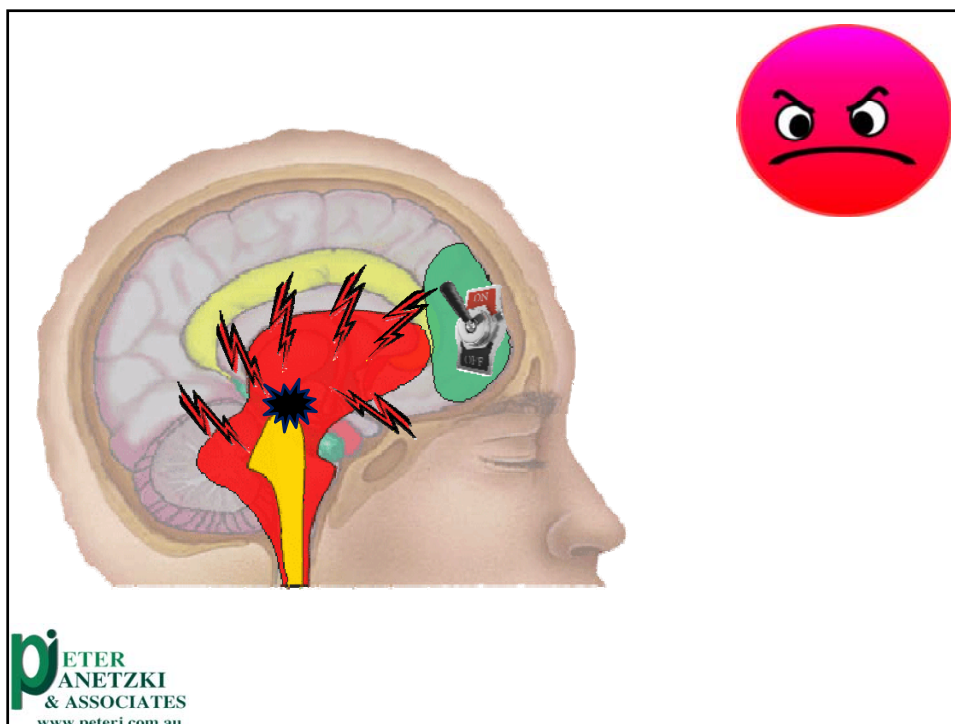
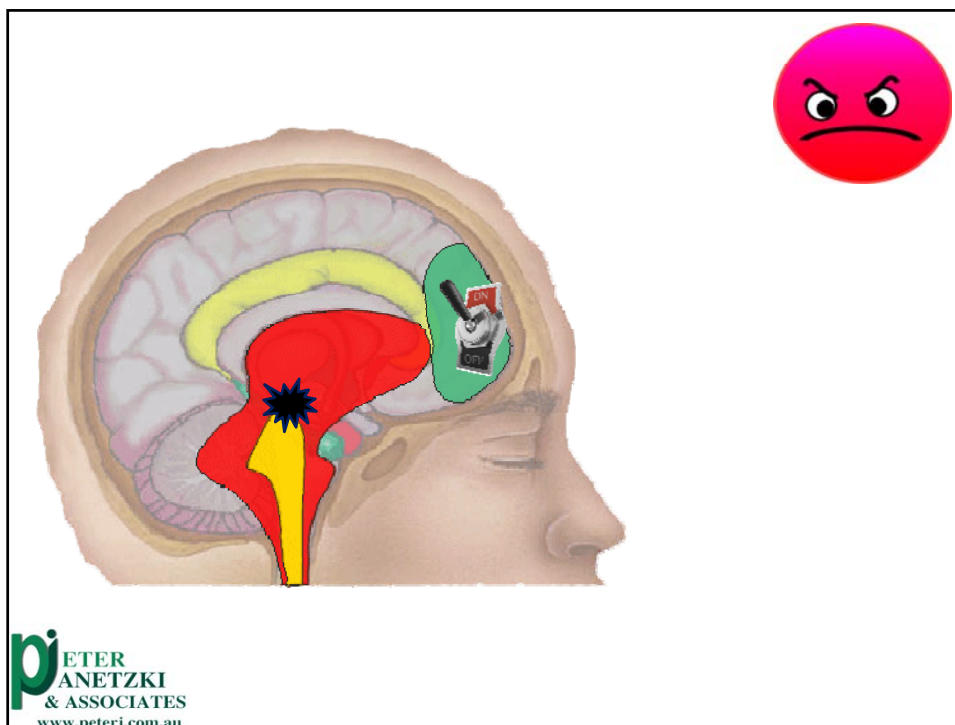
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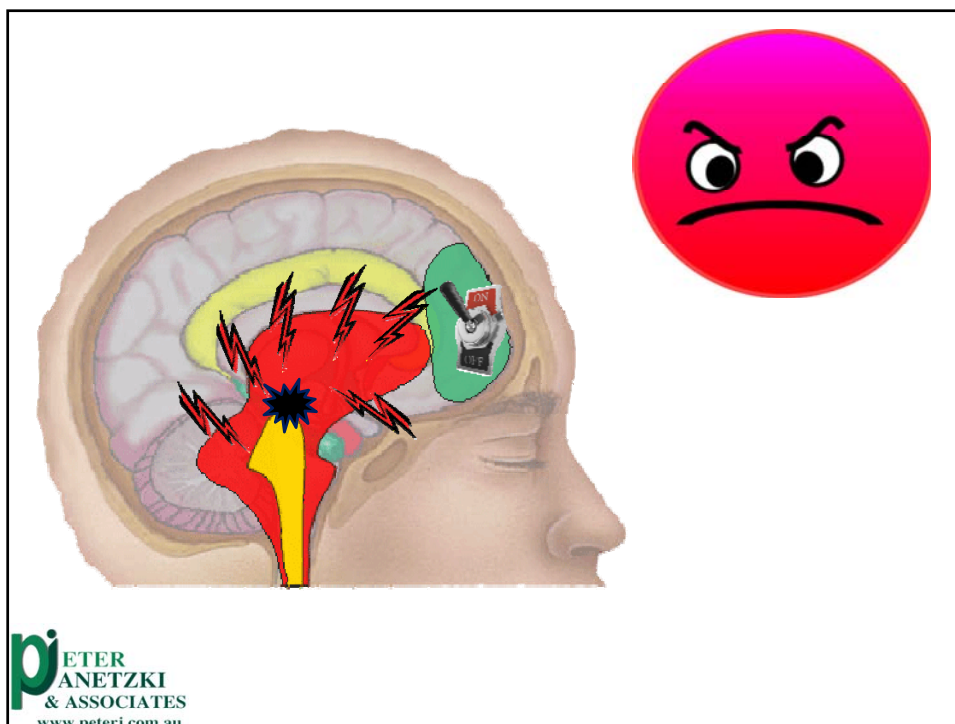
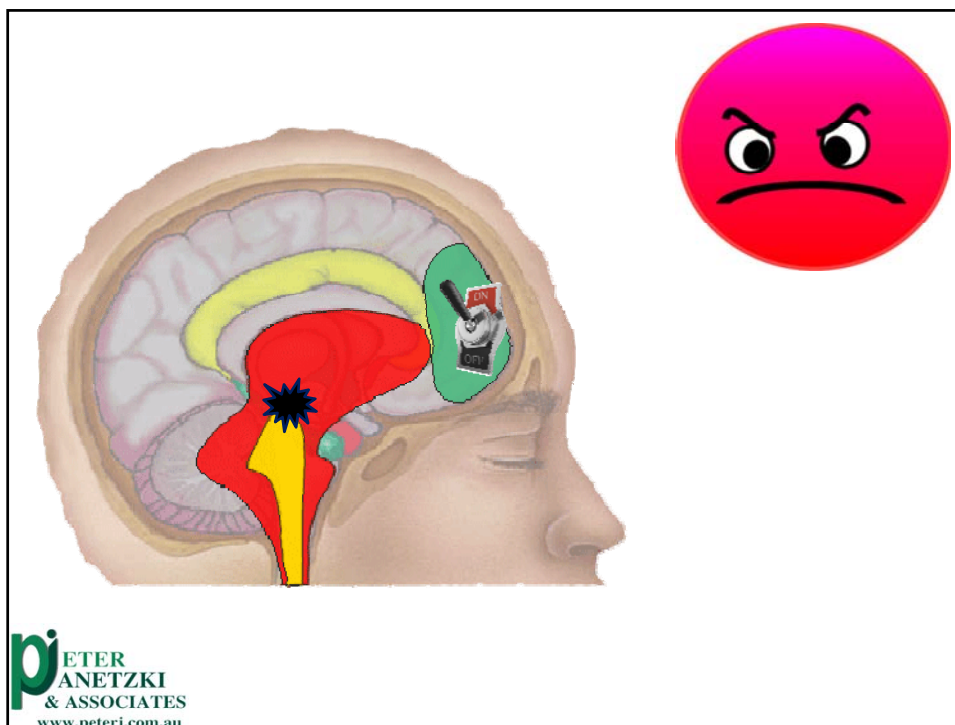
SMART Brain	IMPULSIVE Brain
Explicit Memory	Implicit Memory
Autobiographical	Non-Autobiographical
Facts & Details	Experiential & Emotions
Locked into Time & History	Transcends Time & History
Recalled	Triggered

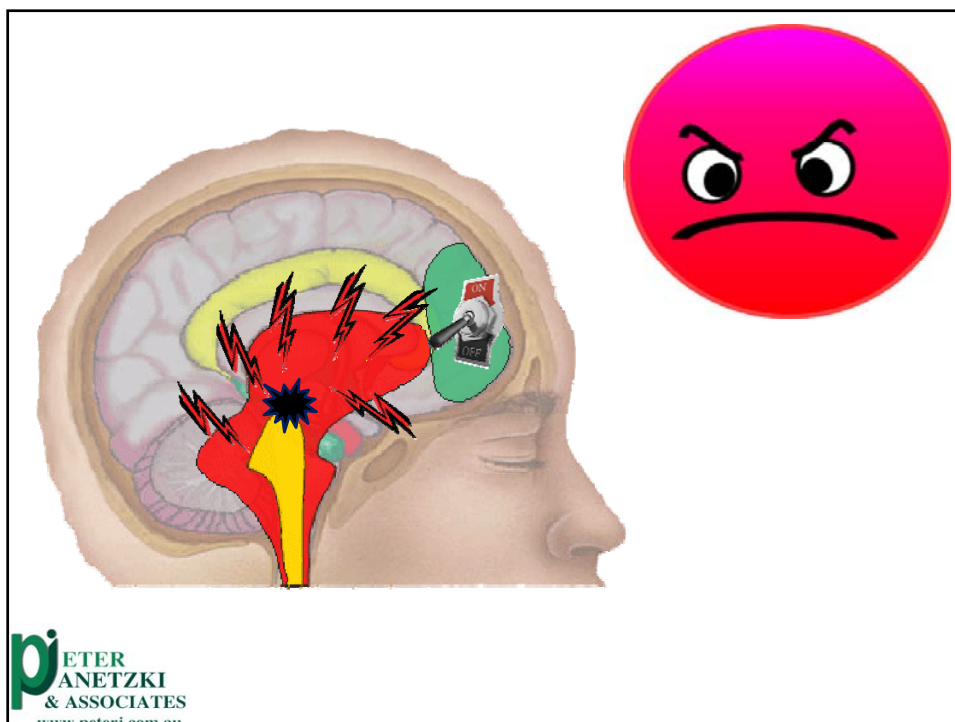
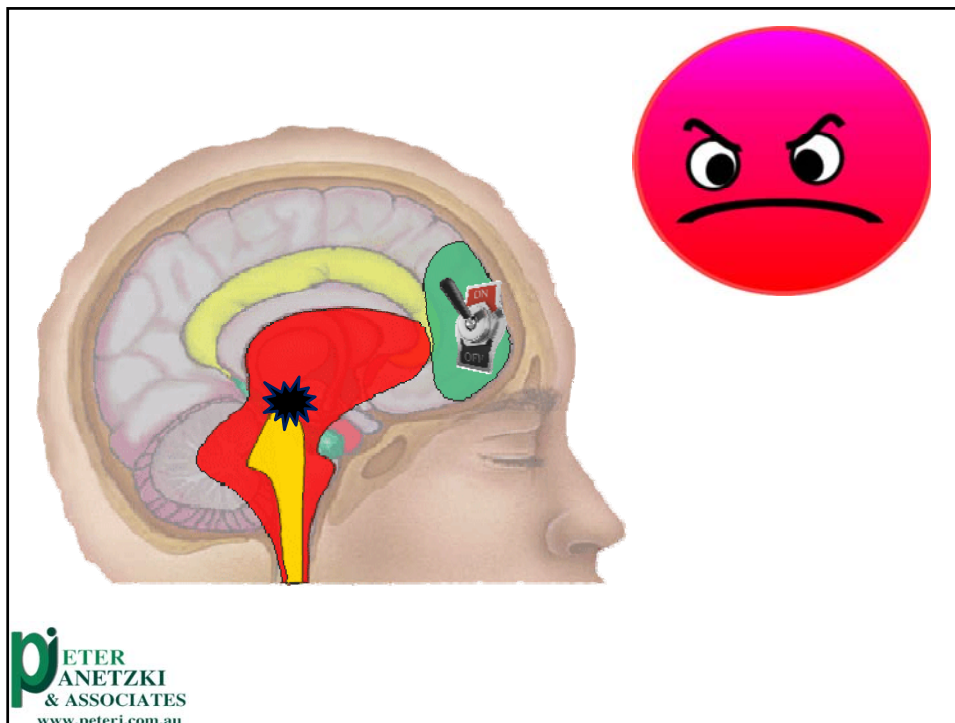
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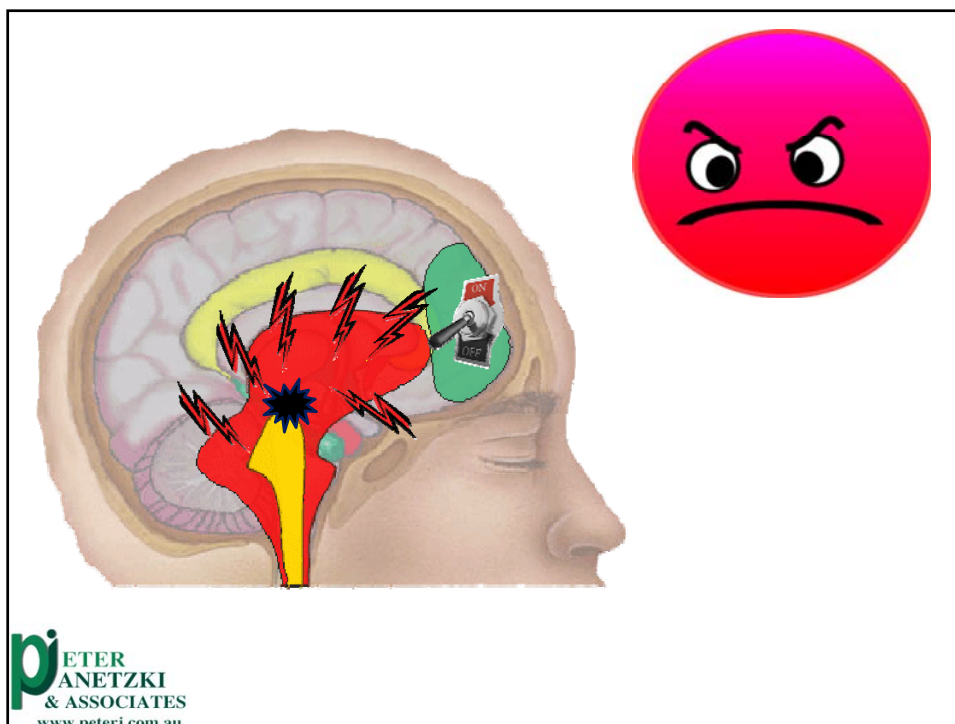
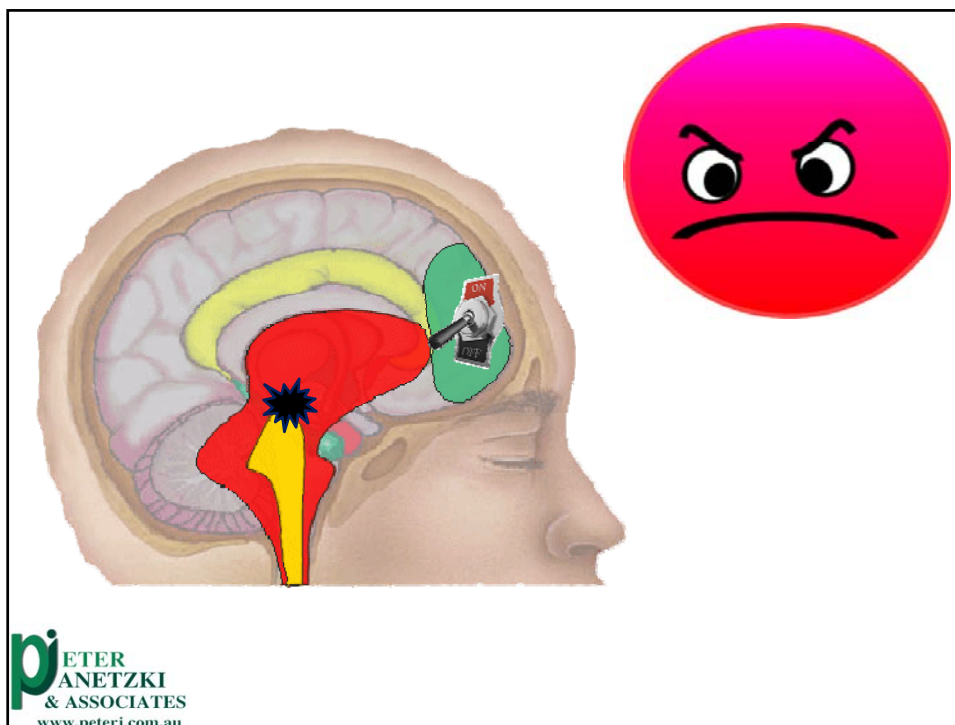
When my
Impulsive Brain FIRES UP
my
Smart Brain Switches OFF

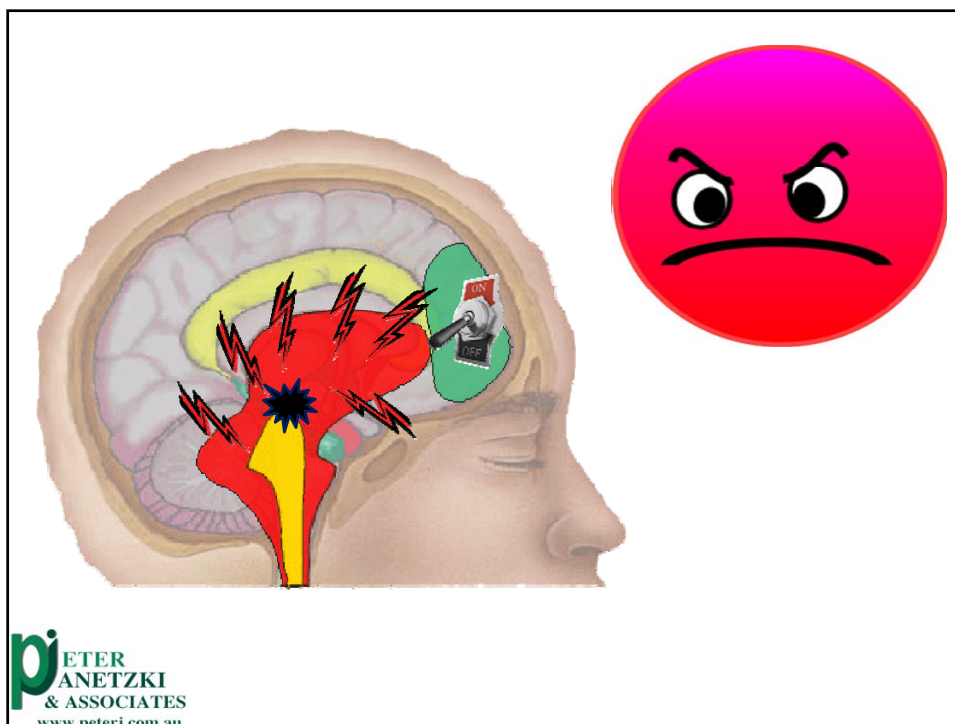
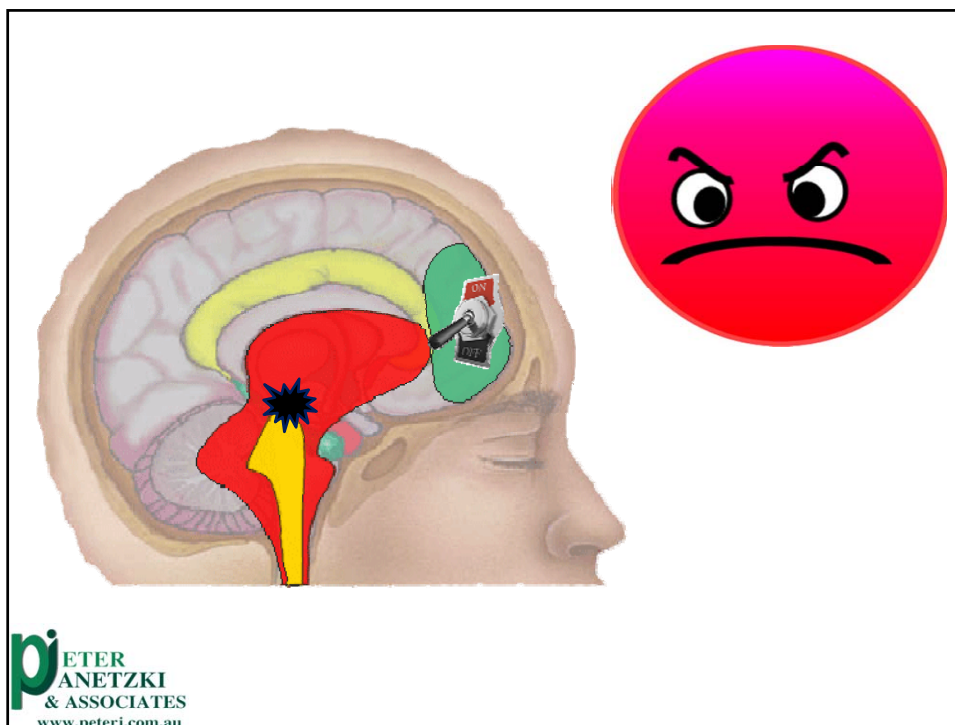


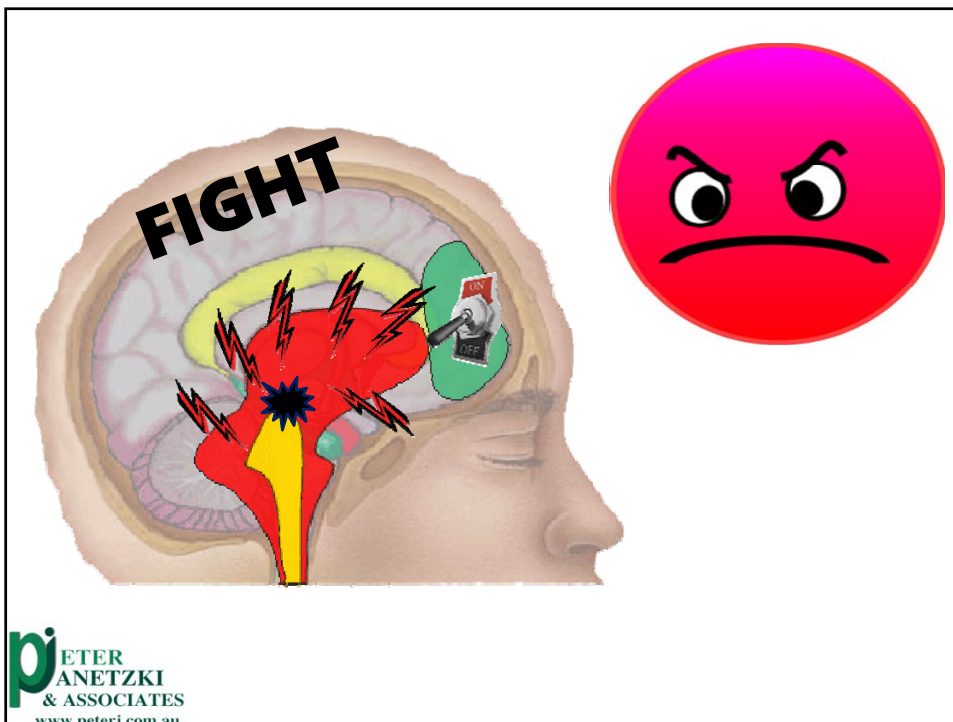
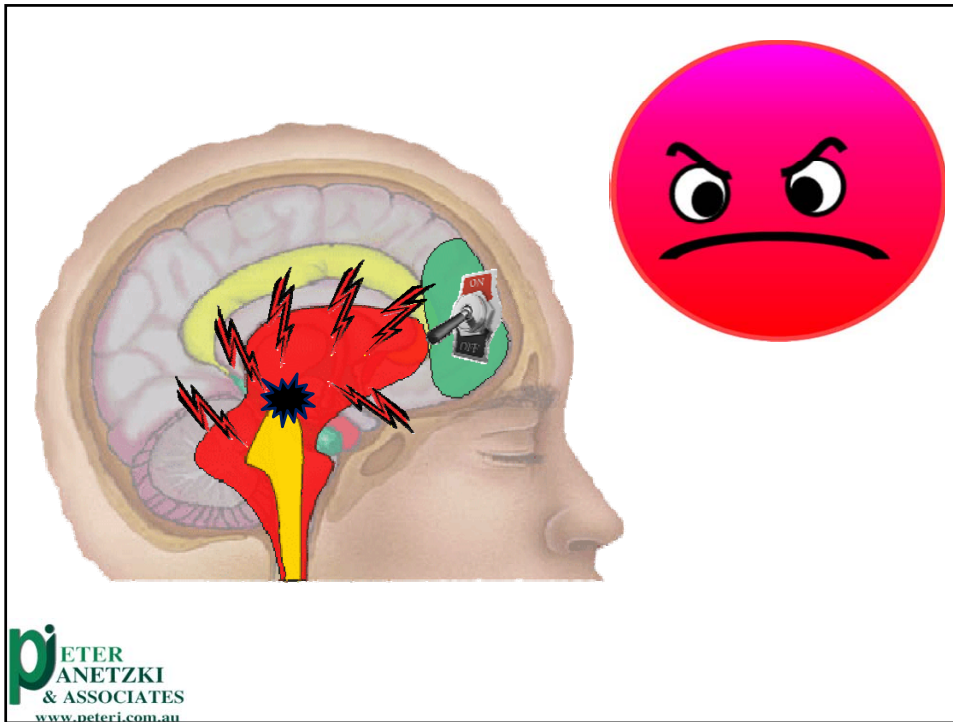


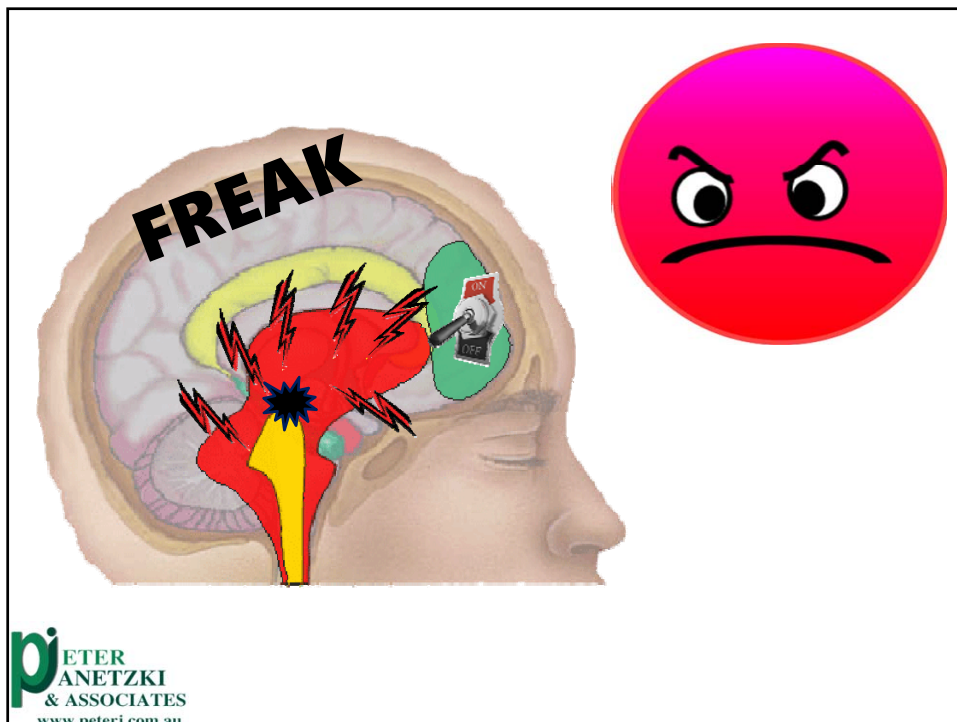
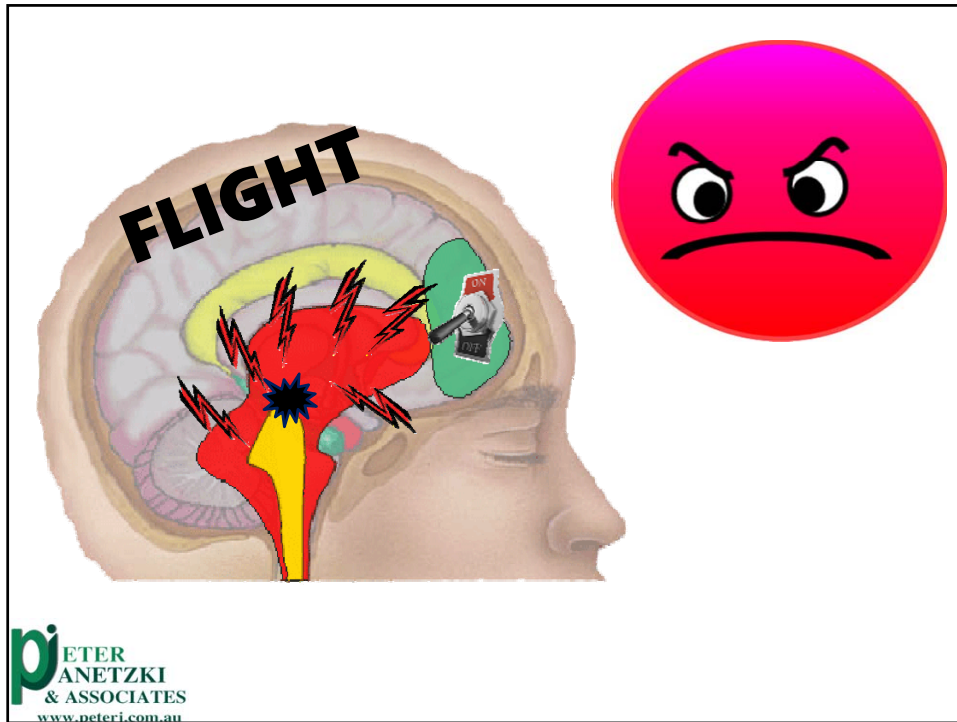


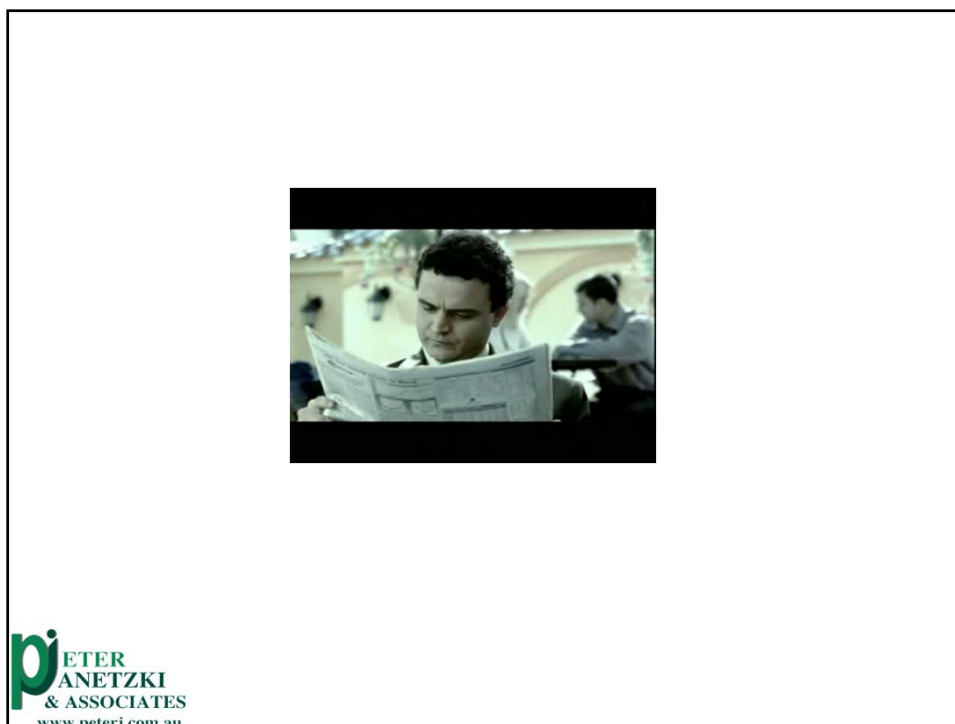
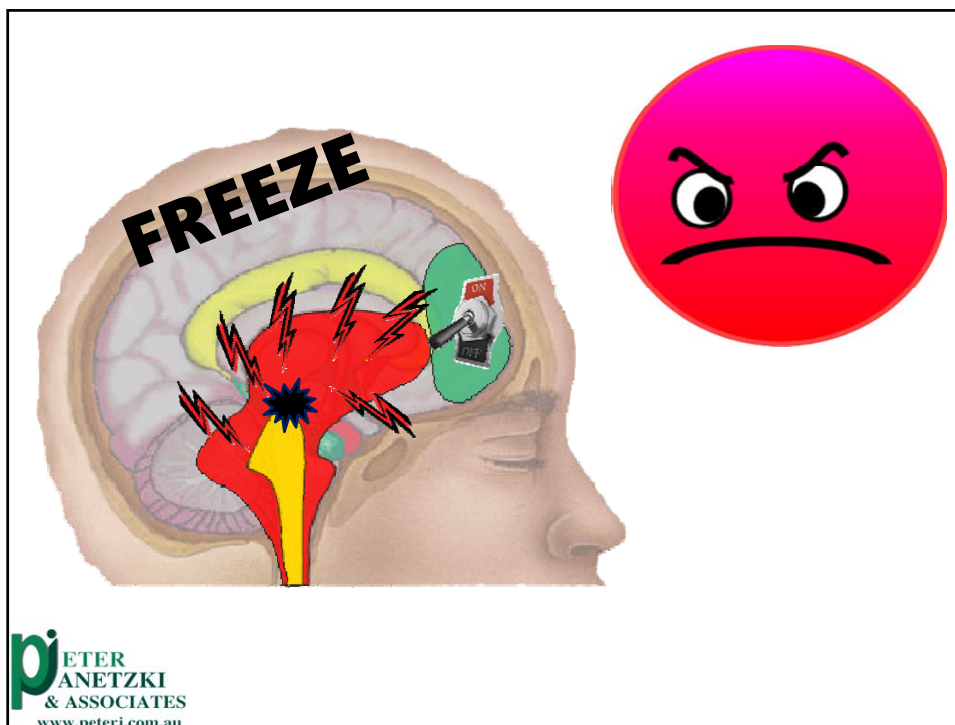












Helpful Understanding #3

Impulsive Brain & Procedural Learning

Procedural memory does not involve conscious thought.

- talking
- walking
- playing a musical instrument
- sport skills
- riding a bike
- driving a car

responses to PERCEIVED THREATS



Helpful Understanding #4

Emotional Maturity involves
Managing my Impulsive Brain &
Engaging my Smart Brain so that I
Change my Procedural Learning &
Respond from a position of
Emotional Security not
Reactivity



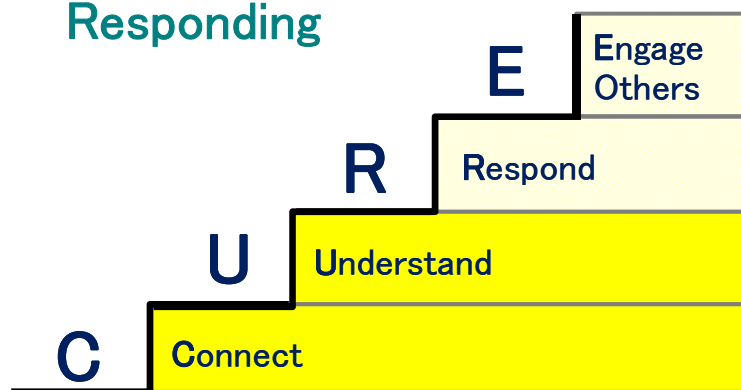


Tools for your Relationship Tool Box

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#1 Connect & Understand before Responding



The Christian Wholeness Approach

Dr John Warlow (2010)
www.christianwholeness.com

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#2 When Triggered Manage My Impulsive Brain

STOP reacting!!!


STOP personalising!!!

STOP & breathe!!!

get out of the wheel rut!!!



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#3 Engage My Smart Brain


Reflect

Clarify

Understand



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#4 Choose to Respond from the BEST In Me!

Lowest Common Denominator

V

Highest Common Denominator



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#5 Get Better at Understanding so; listen, Listen & LISTEN!!!!

Communication Tennis




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Communication Tennis






1. Make a time to talk
2. Decide what you are going to talk about
3. Decide who serves (talks) first
4. The receiver (LISTENER) ONLY reply is “???? this is what I heard you say Have I got it right!!!!” It doesn’t matter if you agree or disagree JUST LISTEN!
5. The server gets to clarify & you reply as per step #4
6. Keep doing this until you have got her then change roles




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#6 Using My Smart Brain

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Putting it All Together

1. Catch what is happening on the outside (Inter-personal)
2. Circuit break
3. STOP, Self Manage - stop reacting - stop personalising
4. Reflect – Clarify – Understand what is going on in the inside (Intra-personal)
5. Respond out of the BEST In You!
6. REPLAY (Inter-personal)

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