



TIME EFFORT

<u>creative Arts</u>	<u>multimedia</u> <u>graphically</u>	<u>Physical</u>	<u>Human</u>
	<u>Time</u>	<u>Analysis</u>	<u>Computer</u>
<u>Secondary</u>			

Mass limits - Ownership Analysis Computer

→ OAC

CAD

Authentic

Authenticity

Permissive

Expectation

CAMP Day

Fairer Error SE/SC
NEVER GOOD ENOUGH - more

Effort

PRIDE → SE/SC

✓
JDI

~~INTENT~~

pure control effort

INTENT

SHADS

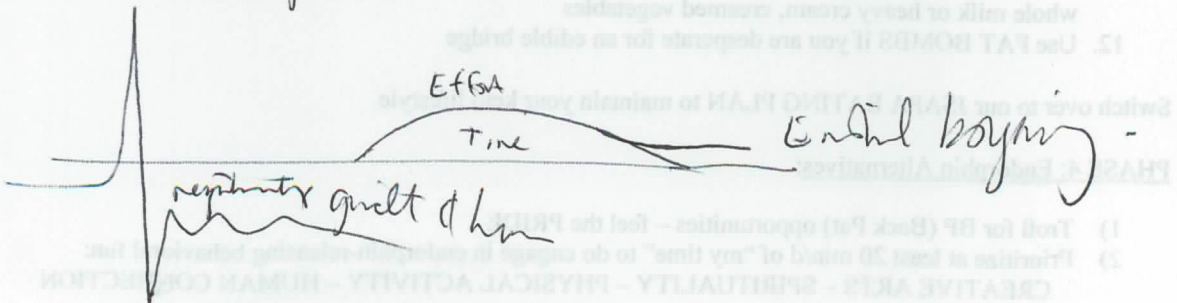
DM
TR

Chesh of

WAD
WAD
WAD

Permissive

inhibits control



Understanding vulnerability to addictive behavior and how the obesity/diabetes epidemic evolved.

Almost everything I am speaking on is from our observations with our rather large patient group over the past 20 or so years. This is not in the literature nor peer review driven, but observational. I understand the biases, but then again, all the "science" in support of the current national dietary paradigm is so flawed by beliefs rather than supported by data that at least wrt declaring the observational nature of my hypothesis I am more accurate than they are!

An effective EMS requires the investment of both time and effort where the ROI of effort results in a sense of accomplishment and PRIDE irrespective of the result. In small increments, the effort-based pride grows and strengthens our self confidence and self esteem giving us emotional buoyancy that then in a feedback pattern allows us to take on greater and more demanding tasks in the same pattern.

It has an immediate powerful effect that should dissipate and relax our tension and stress.

Secondly during this period of relaxation there should be a period of time that we can identify, connect with and process the issue or issues that are driving the emotion.

Every human being has an endorphin system that is genetically required for 2 purposes.

1 to manage brain relaxation at intervals between periods of intense focus. These I call MCMs – Mind Cleansing Moments

2 as our emotion management system

The human brain can focus for about 20 min then it will take a break. We can be defined by the dominant mechanism we repetitively use to activate the system. During change it is vital to consciously force yourself to engage this mechanism repetitively until it becomes a primary habit. We surround ourselves w it and it is always close at hand.

At a very early age parents and a child's micro-society (school, community, friends religion, etc) are responsible for creating and reinforcing effective endorphin activating strategies when these go wrong a child has a vulnerability to addictive behaviour.

Discuss authoritarian v authoritative v permissive parenting

Imprinting happens before birth. Discuss

Recognizing your personal system components and patterns

Discuss obesity/T2DM in this context

Discuss personality dysfn addiction OCD PTSD

Discuss the 5 evolution and genetically based strategies - creative arts meditative spirituality physical activity human connection thru empathy and vulnerability sexuality

Discuss Oxygen mask theory: self sacrificing, self-indulgent, selfish

Discuss steps of change: contemplation and ownership. This is a problem. I have it. I want to change

Preparation planning guidance

Progressive change. Removal and replacement. The divorce and devaluation phase

Consolidation the success phase

The introspection phase

Permission and relapses. Dealing w relapses. OAC

Raising our kids well. Balancing achievement and success strategies w diverse relaxation strategies

Building healthy endorphin activating strategies and patterns

Draw a healthy day timeline including healthy sleep

Every day I and the people around me are doing the best they can – Self righteous and judgmental, self-deprecating and self-loathing

If your son or daughter wants to play a sport let's say soccer it is more important that you buy the ball and take him or her outside and kick the ball and have fun then it is to enroll them on the team. If you make the sports and first they will develop a Love of the Game irrespective of the competitive aspect of the sport. If the sport is fun they would love just to practice even at home with you if they're just on the team it's all about winning success and achievement. Sport is ultimately about having fun. See you. And even tell a started playing soccer for fun on the streets. He love the game his whole life. Most teenagers stop playing as soon as they develop autonomy because they do not have a passion for the game. Passion comes from fun and in addition it becomes an endorphin releasing activity. It is a wonderful skill that you you could you can use forever as an emotion management tools to counter balance the stress of achievement and success

Self sacrificing

Self Indulgent

Self ish

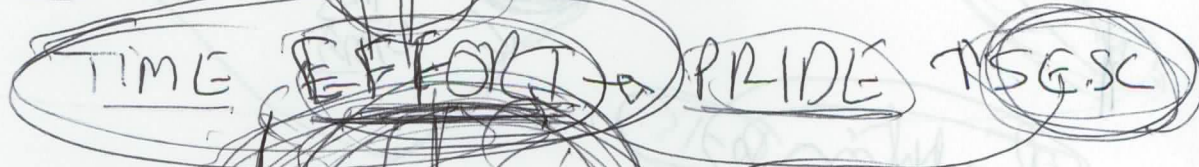
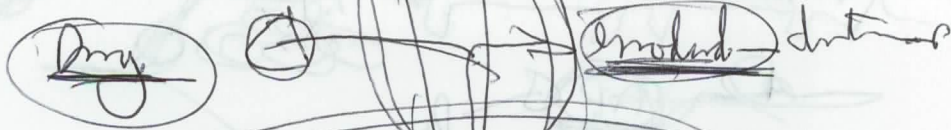
Every Day For
doing the best I
can
Self Righteous
Self deprecating

Fun is not the
opposite of success
Fun is a
part of success
Goal is not perfection

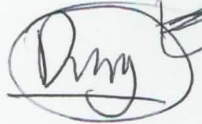
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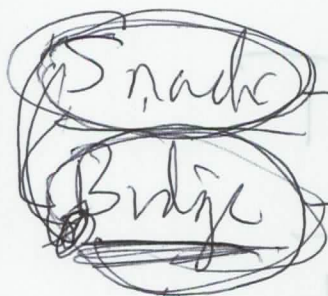
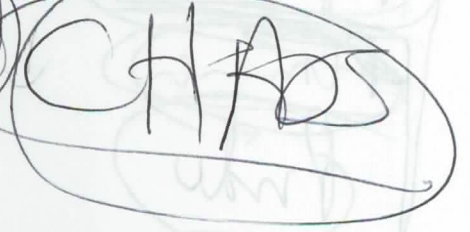
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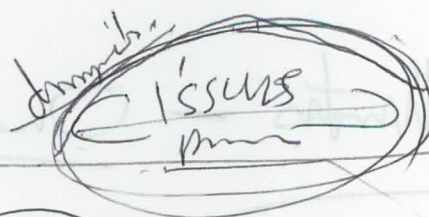


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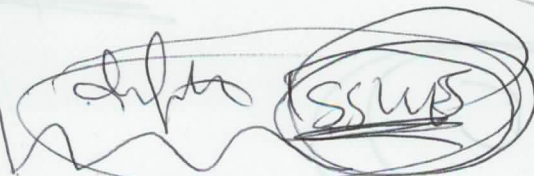
ems - No Colars

MCM

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Self Surpris

Self Indujett

Authentic

Authenticity

Permissive

Expectation

CARBs Down

Fabric Error SE/SC
NEVER GOOD ENOUGH - MORE

EFFSA

PRIDE → SE/SC

✓
JDI

~~INTENT~~

phase control effort

~~INTENT~~ CHAPS

12

Cholesterol

WIP
WIP

Permissive

immediate analysis

