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Christian Conte, Ph.D.

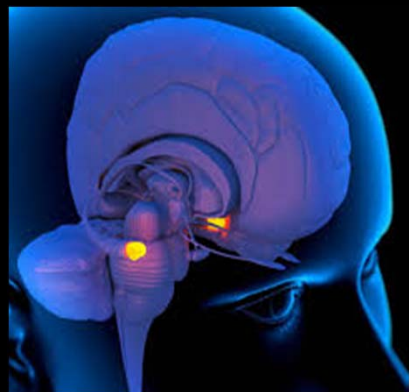


**TACKLING
LIFE
Podcast**

www.DrChristianConte.com

Communicate to be heard

- Fight or flight response
- Higher-level thinking



3 Core Actions

Listen
Validate
Explore options



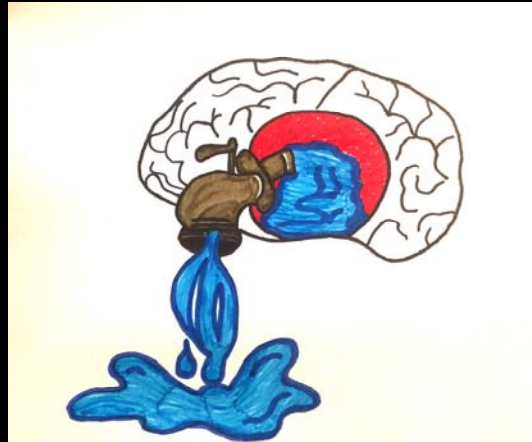
Listen

- Content vs Process
- Find the “one-word”



Validate

- Validate until you “drain” the limbic system (i.e., until the other person feels heard)



Explore Options

- “You can definitely do that... I’m just wondering **what else** you can do?”*



7 Fundamental Components

- . Acceptance
- . Authenticity
- . Compassion
- . Conscious Education
- . Creativity
- . Mindfulness
- . Nonattachment



ACCEPTANCE

Cartoon World

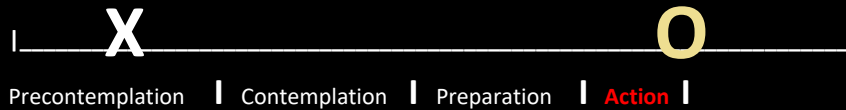


Real World

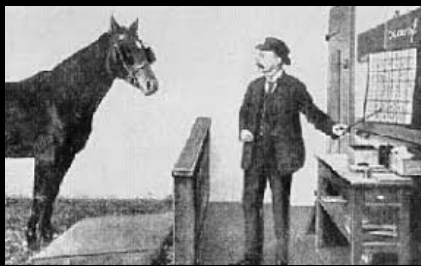


Accept where people are

Align your expectations with reality.



AUTHENTICITY



“Other people can spot when you’re not being genuine just as easily as you can spot it in them.”

Clever Hans

COMPASSION

- Energy
- Nonjudgment
- Biases



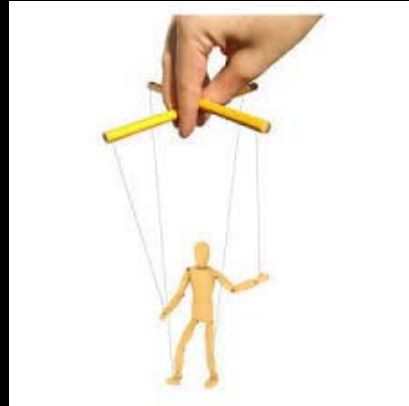
CONSCIOUS EDUCATION

- Plato's Cave
- Asymmetric insight



CREATIVITY

- Puppet / Power
- Metaphors



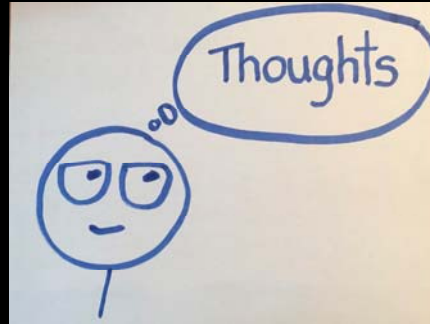
MINDFULNESS

- Self-awareness
- Meditation



NONATTACHMENT

- You are not your thoughts



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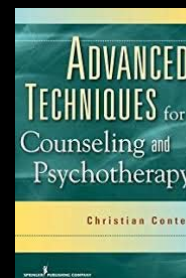
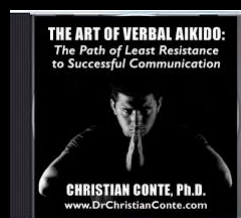
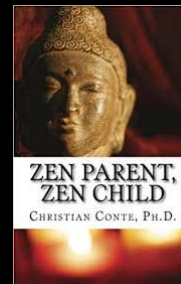
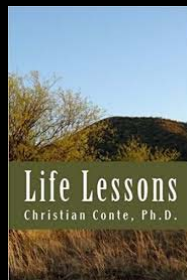
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Extra

**Delivery method of
Yield Theory:**

- **Choices**
- **Consequences**
- **Consistency**
- **Compassion**

CYCLE OF SHAME

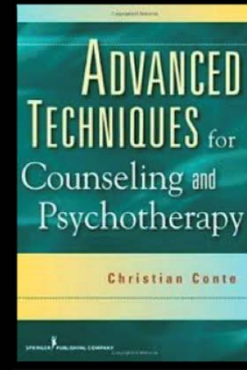
Knowledge/Compassion

Anger

Anxiety

Depression

Shame



“Crisis-Prone” People

- 10
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1



- Baseline functioning of a crisis-prone brain

- Baseline functioning of a calm brain