BODY = BRAIN
Part 2: Embodying Social & Emotional Intelligence
Decision Making
Purposeful Action

EI: self-awareness, motivation
Somatic competency: Feeling

Personal Qualities

Interpersonal Skills

Awareness
Intuition
Decision
Commitment

= YOU ARE HERE

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DECISION MAKING
PURPOSEFUL ACTION

http://zero-royal.com/tag/choose-right-career/

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MY STORY
FACING CHOICES

Smart But Unsatisfying

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“Decision making is a process that depends on emotional signals, defined as bio-regulatory responses aimed at maintaining homeostasis and ensuring survival.”

~Bechara, et. al.
ADDICTION

immediate reward over long-term consequences
NEURAL NETWORKS FOR DECIDING

VMPFC + ACC & OFC

insula + somatosensory cortex

same networks as interoception & embodied self awareness


http://www.jad-journal.com/article/S0165-0327%2807%2900084-5/abstract
# GAMBLING TASK

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without access to the underlying somatic state, knowledge of what is best is insufficient
SOMATIC MARKER + EI

VMPFC • amygdala
insular-somatosensory

Damage to:

Self

- Self-Awareness
- Self-Motivation
- Self-Mastery

Other

- Empathy
- Social Skills

adapted from Daniel Goleman, Emotional Intelligence

vs. stroke damage in other areas

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BUT WAIT!

We all know people who make poor emotionally-based decisions

REACTIVE or impulsive emotion-based decisions are different from decisions based in embodied self awareness

Level 2 vs. Level 3 of interoception

“The activation of somatic states provides the important signals leading to whether to inhibit the response under consideration or not.” ~Bechara, et. al. (2000)

This is why increasing embodied self awareness can help
THE BIG IDEA

- Decision making is inherently emotion-dependent
- The neural structures involved in decision making & embodied self-awareness overlap
- The role of emotions in decision making can be either conscious (interoception Level 3) or unconscious (interoception Level 2)
- Damage to the neural centers involved in embodied self awareness impairs decision making and results in reduced emotional intelligence overall
- Increasing embodied self awareness has the potential to build decision-making capacity and self-trust

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PRINCIPLES FOR PRACTICE

Feel more:

Pay attention to sensation + emotion

Self-observation + distinctions

Somatic opening

What is the gesture of making a decision?
REFLECTION / FIELDWORK

How do you typically go about making important decisions? What role do emotions typically play for you?

What about that approach has worked? What about it has limited you?

What practice could you use that would build embodied self-awareness and develop better decision-making skills?
RESOURCES & REFERENCES


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Roadmap

Purposeful Action
EI: self-awareness, motivation
Somatic competency: Feeling

Awareness
Intuition
Decision
Commitment

Personal Qualities
Interpersonal Skills

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