

Workshop: How To Listen To Your Brain

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Let's create a way to conceptualize what happens in our brain...

- You are a bus driver
- Your thoughts and feelings and experiences are passengers on the bus

Imagine each passenger has a goal or need that they express...

- They might want you to do what they desire
 - Can you turn here?
 - Can you turn up the heat?
 - Can you turn down the heat?
- Your passengers are not your enemies
- They want to accomplish something
 - In our brain, they want to protect us
 - They want to provide relief
 - We are geared to avoiding pain
 - They may sound hedonistic

How will you listen without following every request?

- Can you thank your passengers?
- Can you listen to see if they are expressing something necessary?
 - What are your needs?
 - What are your values?
 - What is your motivation

Who is on your bus?

- Visualize and listen to them
- Start practicing how you will navigate despite the various passengers

How Can You Maintain a Focus on WHY?

- Highlight what lights you up about it
- Highlight how much you want to change your pain points
- Celebrate behaviors congruent with your WHY
- Use your WHY as a checkpoint or goal post