

#### NEGATIVE MINDSET TRANSFORMATION

Giang Dao

#### About me

- Dao Lam Giang
- Scrum Master Psychology Japanese
  Trolling
- Associate Project Manager at SAI Digital Japan
- Email: <u>Lamgiangd.gilliamn@gmail.com</u>
- Linkedin: <u>https://www.linkedin.com/in/giang-</u> <u>%C4%91%C3%A00-3643801a/</u>
- Skype: gilliamn







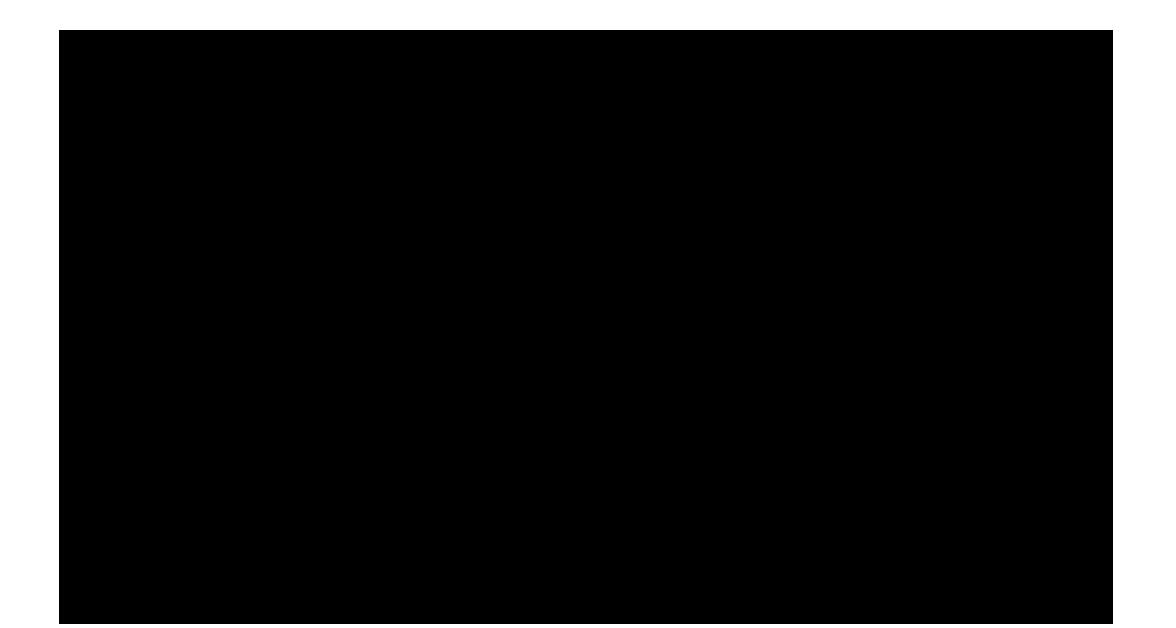


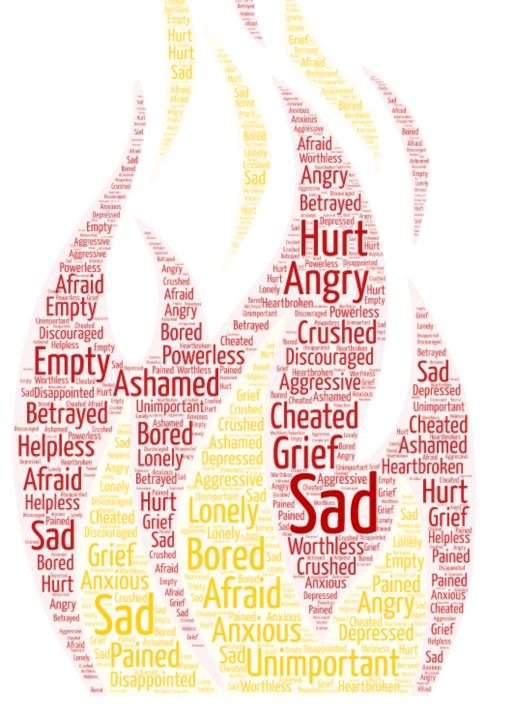


# The "Right" Brain



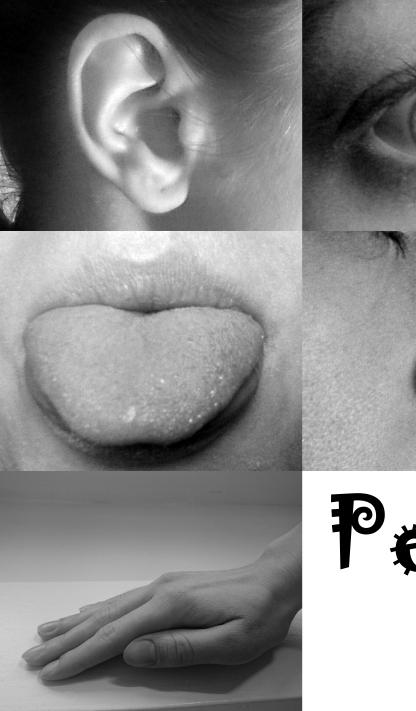
Actual Event Consequential feelings/thoughts





## **Negative mindset**

#### The set of attitudes which were established by **FALSE PERCEPTIONS** (*Giang*)



# Are we perceiving the reality truly as it is?

Per ception



#### What do you see? A dog with a man's face?



### What do you hear?

Sound or Melody?

#### The truth about Perception

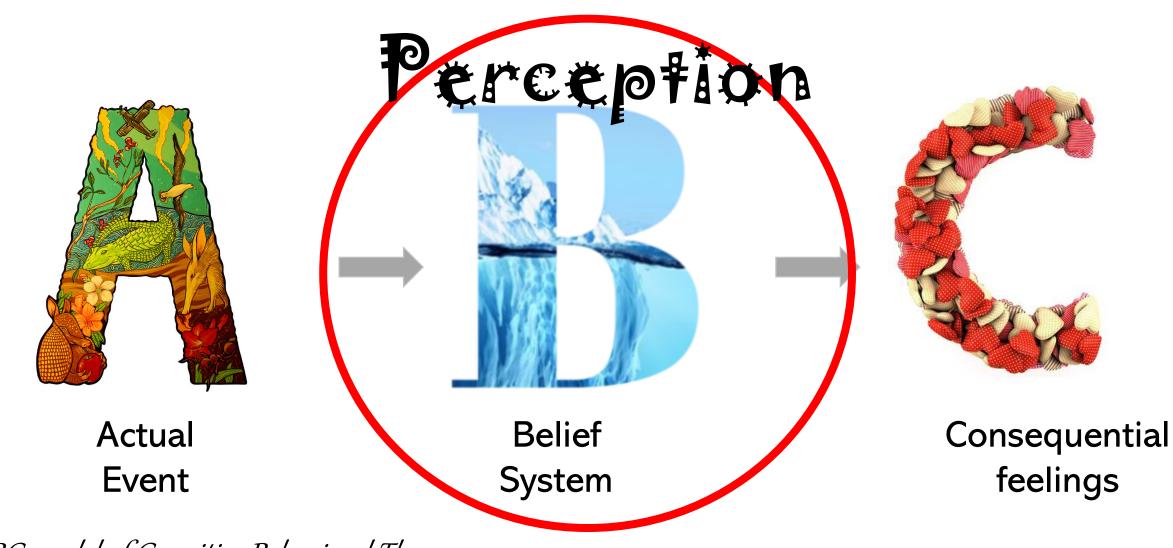


- From Sensation to Representation, we do not perceive the world exactly as our eyes see it. Instead, our brain actively tries to make sense of the many stimuli that enter our eyes and fall on our retina.
- Depending on your viewpoint, objects can look quite different, revealing different details. Thus, perception does not consist of just seeing what is being projected onto your retina; the process is much more complex. Your brain processes the visual stimuli, giving the stimuli meaning and interpreting them.

(Cognitive Psychology – Robert J. Sternberg, Karin Sternberg)



Other researcher



ABC model of Cognitive Behavioral Therapy

• 12 Irrational Beliefs:

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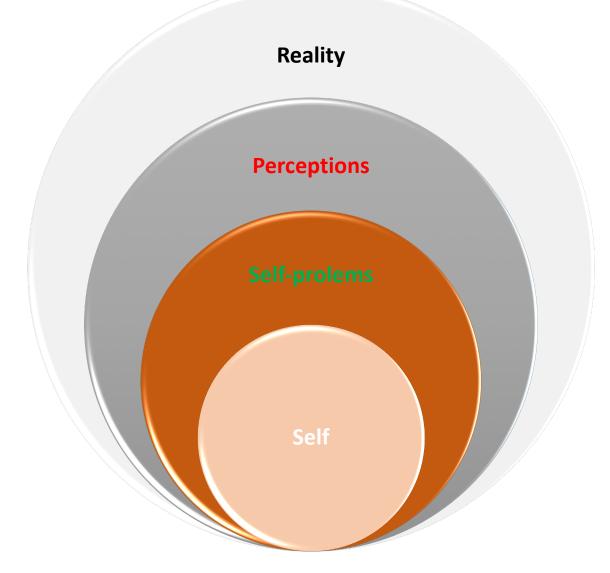
- The idea that certain acts are awful or wicked, and that people who perform such acts should be severely damned
- The idea that it is horrible when things are not the way we like them to be
- The idea that we must have certain and perfect control over things

(Albert Ellis – REBT – CBT therapy)

#### How to transform

#### the Negative Mindset?

# Know the way you perceive the world





• Separate your perception and the world

TRUTH

- Try to find the truth
- Act and think based on the truth

#### RUSSELL CROWE ARNHWAR A BEAUTIFUL MUND ED HARRIS

The power of TRUTH

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#### Summery





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