

Today's Perception; and Solutions?

KEYNOTE SPEECH

BY DR TITUS FOO

ILC, SINGAPORE, 28 JUNE 2011



TODAY'S PERCEPTION; AND SOLUTIONS?

The esteemed speakers of this conference will inform you on the following topics on positivity:

- Leadership
- Creativity
- Resilience
- Relations
- Healthy living....



TODAY'S PERCEPTION; AND SOLUTIONS?

- Some questions:
 - Have you ever been irritated by another person and feel happy about it?
 - Have you ever felt you are too advanced for your group?
 - Have you wonder about what your are doing on earth?
- I'll cover human perception in general (present day Singaporeans) with emphasis on leadership and in the workplace



TODAY'S PERCEPTION; AND SOLUTIONS?

My big question is:

How much do we really know who we are, what
are we doing on earth?

Let's look at the **negative** to understand better
why we are not positive



SLEEPING HUMANITY

COLIN SISSON (1997)

Humankind is hypnotized
into a form of psychic
sleep.



SLEEPING HUMANITY

COLIN SISSON (1997)

Humans spend their lives in building careers, raising families, creating industries, making laws, governing countries, educating people, and expanding scientific theories, etc.



SLEEPING HUMANITY

COLIN SISSON (1997)

We are destroying ourselves
through wars,
disagreements, crime and
other violence.



SLEEPING HUMANITY

COLIN SISSON (1997)

We are all asleep, unaware that a large part of our consciousness is, in fact, unconscious.

Thus, we stay lost in this misery and keep pretending we are in control of our lives.

We stay committed in old values, believing big business, politics, education, and science to be more practical.



THE WORLD AS IS

- The world as it is now—according to astronomy, geology....another star called planet, with life (molten core, air for people and animals...) but will suffer the same fate of stars!
- The first issue is growing population changing the ecology of earth....



THE WORLD AS IS

- The next issue is the stickler to traditions, beliefs, norms, rules, etc, of society....
- We need to look at the perception of people-- the 5 basic senses of seeing, hearing, smelling, tasting and touching; and 4 additional senses of proprioception, temperature, pain, and balance
- What about sense of consciousness, gravity and time
- Losing perception is like losing one's sensation.

LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

- Parenting Style
- Learning Style
- Working Style
- Living Style



EXAMPLES OF PARENTING STYLES

Parenting Style	Characteristics	Child's reactions
Authoritarian	Expect unquestioned obedience, need to control child	Anxious, withdrawn, lack spontaneity and intellectual curiosity
Permissive	Warm, nurturing but provide few guidelines for child	Immature; difficulty controlling impulses and acting independently
Authoritative	Sensitive to child's maturity; firm, fair, reasonable	High positive mood, self-reliance, self-confidence, higher emotional and social skills
Uninvolved	Indifferent; just minimum effort to meet physical needs of child	Noncompliant and demanding



EXAMPLES OF PARENTING STYLES

5th Parenting Style -- Singapore	Characteristics	Child's reactions
<p data-bbox="112 486 272 554">Filial</p> 	<p data-bbox="529 486 954 601">Overly caring and protective of child</p> <p data-bbox="529 672 996 725">Dependent on child</p> <p data-bbox="529 796 1022 849">Need to control child</p> <p data-bbox="529 978 1045 1092">Guiding all the way to adulthood</p>	<p data-bbox="1141 486 1653 601">Lack spontaneity and intellectual curiosity</p> <p data-bbox="1141 672 1678 725">Anxiety and frustration</p> <p data-bbox="1141 796 1734 911">Acting dependently, superficial positive mood</p> <p data-bbox="1141 978 1798 1158">Reliant, lacking confidence, emotional and social skills, decision-making</p>



LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

Parenting style (Home)

- Because of the small family concept, children are treated as pets more than individuals
- Thus, parents became dependent on their children!
- Consequent: Dependent people
- Needs more freedom of expression and behaviours

E.g., Have your kids ask if you as parents have eaten while a meal is served?

E.g., Do you cook meals for your kids the way they want it?



LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

Learning style (School)

- A place for learning or a place of indoctrination?
- Must we score 100 marks or all As to be normal?
- Consequent: Rote learners; Inflexible people
- Needs open discussion, case studies...

Do you have to be taught everything before you can hold a job?

Do you have to wait to be injured, sick, old, etc., to do something about it?



LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

Working style (Office)

- 7-day week, long hours, overtime....year in year out— is that all to life?
- Is money everything?
- Leadership or followership?
- Consequent: Routine People
- Needs flexible working system; needs another product or service to survive



LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

Living style (Country)

- Singaporeans live in close proximity/cooped up areas so when exposed to large open spaces...
- High population density and international influences
- Giving back to Society?
- Consequent: Workers/Followers
- Needs training school for leaders and decision-makers; retraining for another job, learn creativity!



LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

Living style (World)

- Another living planet with its ups and downs e.g., movements like earthquakes, floods, etc. How much do we really know about these movements with all the science and instruments we have?
- Fight over rights, religion and race
- We treat each other unequally; respect for people?
- Consequent: Survivors
- Need to go regional or international; another planet!
- Go to another country to start another life!



LIFE-STYLES

LEVELS OF PERCEPTION & SOLUTIONS

So what people do we have at the workplace?

- Less caring, Dependent and Reliant
- Law-abiding and Hardworking
- Less physical and Lacking breadth of view
- Internet-savvy though but believer of information on the net!



Some **words** before we launch into the
conference proper

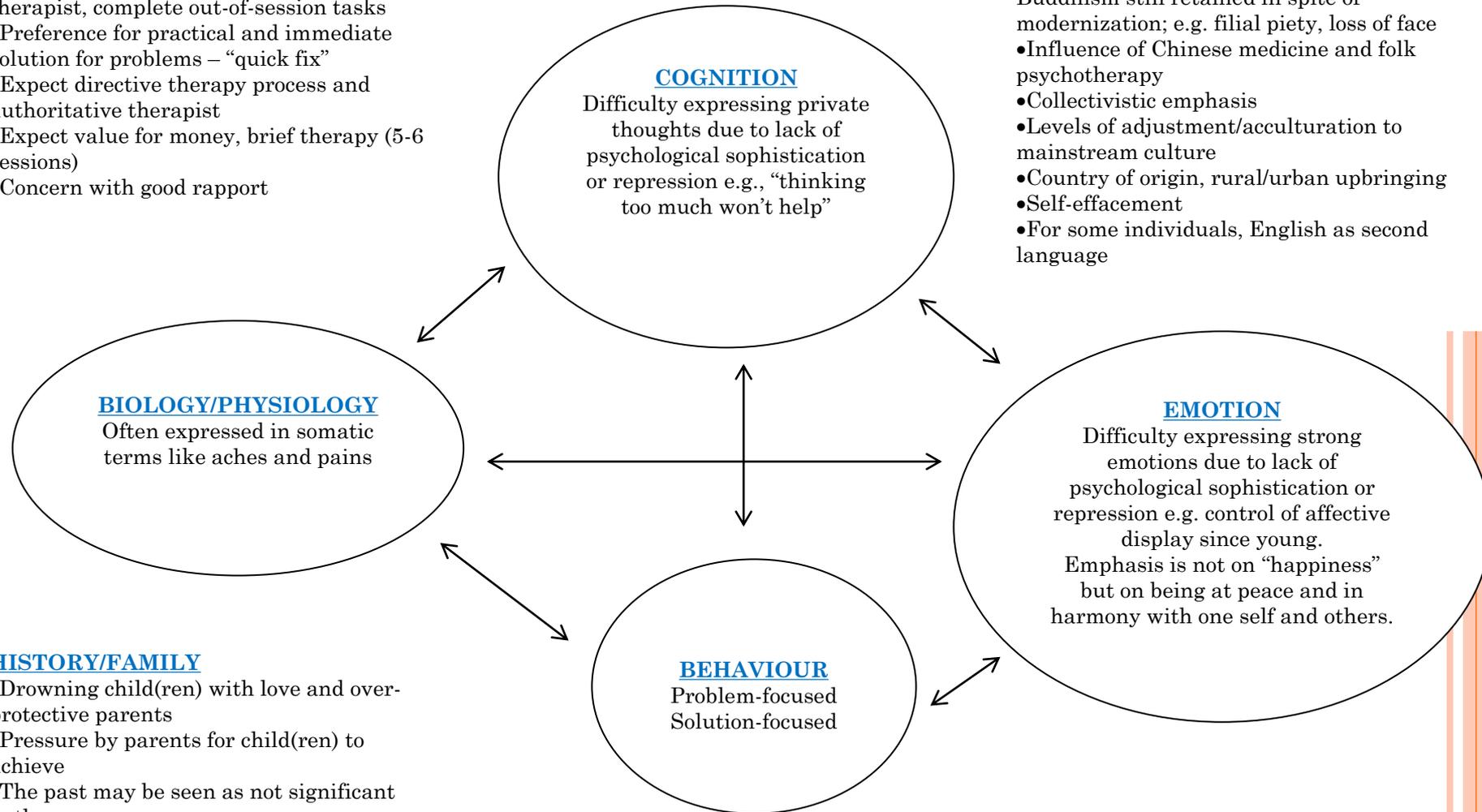


EXPECTATIONS OF CLIENTELE

- Lower tolerance for ambiguity
- Greater respect for authority – desire to please therapist, complete out-of-session tasks
- Preference for practical and immediate solution for problems – “quick fix”
- Expect directive therapy process and authoritative therapist
- Expect value for money, brief therapy (5-6 sessions)
- Concern with good rapport

CULTURE

- Elements of Confucianism, Taoism, and Buddhism still retained in spite of modernization; e.g. filial piety, loss of face
- Influence of Chinese medicine and folk psychotherapy
- Collectivistic emphasis
- Levels of adjustment/acclulturation to mainstream culture
- Country of origin, rural/urban upbringing
- Self-effacement
- For some individuals, English as second language



HISTORY/FAMILY

- Drowning child(ren) with love and over-protective parents
- Pressure by parents for child(ren) to achieve
- The past may be seen as not significant to therapy
- Wider family members have role in therapy
- Non-nuclear extended family living situation

5-part Model used in CBT

ACTUAL SITUATION/PROBLEM

- Problems usually regarded as social and/or relational issues
- Locus of control are seen as external to self

THE 5-PART MODEL

Use of 5-factor model: physical to physiological to emotional to behavioural to overall

Because the immune system is tied to our being—our physiology

- When happy, the system fills up with natural health-producing chemicals
- When unhappy, the system fills up with certain hormones and chemicals which have the potential to cause cancer and other common diseases

Evidenced through animal and human studies abound

“Thinking of eating prepares the body for absorption”



ON POSITIVE THOUGHTS

DUNDAS ET AL. (2009)

- Creation of positive statements might create conflicts with their personal and interpersonal values
- There needs to be a certain amount of credibility in such beliefs for them to be accepted.
- People prefer an intervention that focused on finding flaws with the negative self-statements might be more attuned



ON LANGUAGE

- Words are just sounds
- Language, made up of words and actions, has no meanings unless we give it...e.g., The, Guava, Champagne, Tampines....
- FATSO
- SHIT



TODAY'S PERCEPTION; AND SOLUTIONS?

○ Some questions:

- Have you ever been irritated by another person and feel happy about it?
- Have you ever felt you are too advanced for your group?



BIBLIOGRAPHY/REFERENCES

- Authors. (May 1, 2007). What does collectivism mean for leadership and teamwork performance? An empirical study in professional service firms. *Journal of International Business and Economics*. [Immediate Online Access]. Retrieved May 2, 2011 from http://goliath.ecnext.com/coms2/gi_0198-475104/What-does-collectivism-mean-for.html
- Barbara L. Frederickson. (2009). *Positivity*. NY: Crown Publishers.
- Colin P. Sisson. (1997). *Inner Adventures*. Auckland, NZ: Total Press Ltd.
- Dundas, I., Anderssen, N., Wormnes, B., & Hauge, H. (2009). Exploring client contribution in a cognitive intervention for test anxiety. *Counseling and Psychotherapy Research, 9*(2), 86-92.
- Eckhart Tolle. (1997). *The power of now: A guide to spiritual enlightenment*. Vancouver, Canada: Namaste Publishing.
- Hermans, H. J. (1996). Voicing the self: From information processing to dialogical exchange. *Psychological Bulletin, 119*, 31-50.
- Kim S. Robinson. (1996). *Red Mars*. GB: HarperCollins Publishers.
- McAdams, D. P. (2006). *The person: A new introduction to personality psychology* (4th ed.). New York: Wiley.
- Yeh, C.J., Inman, A.C., Kim, A.B., & Okubo, Y. (2006). Asian American families' collectivistic coping strategies in response to 9/11. *Cultural Diversity & Ethnic Minority Psychology, 12*(1), 134-48.



CLOSING SUMMARY

Collectivistic Innerpositiveness



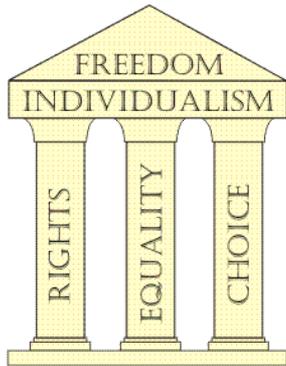
WHAT HAVE WE LEARNT?

- Positive Leadership
- Positive Relationship
- Positive Health and Coping
- Positive ...
- Positive Business



INDIVIDUALISM VERSUS COLLECTIVISM

Degree to which
cultures encourage



- performance is viewed as a result of individual effort
- tendency for people to look after themselves and immediate family



- belong to in-groups that look after them in exchange for loyalty
- to have a stronger attachment to their organization and tend to subordinate their individual goals to group goals



INDIVIDUAL VS OTHER PERCEPTIONS

- We have many selves (masks) but one I (true self) (Hermans, H. J., 1996)
- Self in others (perception) and the world (in learning and creating)
- Positive self—healthy living (resilience) and work



I AND SELVES

- The Voice in the Head—*just* listen to it—the sense of Being (Tolle, 1997).
- The Inner Stillness to find yourself, the I (Tolle, 1997).
 - “I wonder what my next thought will be” (Tolle, 1997).
- The beauty of Silence.



INNERPOSITIVENESS

CASE EXAMPLE: GIRL WITH CA AND
HER INNERPOSITIVITY



INNERPOSITIVENESS

- Human Being vs Human Doing vs Human Owning
- Happiness is about Being
- Be true to yourself
- All humans are equal....
- Leaders only make up <10% of people; people is power
- Be curious about every thing going on for business



COLLECTIVISM

- Collectivistic Leadership – the right to govern others in the workplace and community?
- Collectivistic Coping (Sep 11, 2001; WTC attacks; how Asian American victims coped)
- Are there Collectivistic— unconsciousness, decision-making, optimism, creativity, wisdom, (self)esteem....
- Collectivistic Positivism
- Collectivistic Innerpositiveness



2 CONCLUDING EXERCISES

- Imagine you have a billion dollars at your disposal; what would happen to you?
- Imagine with absolute reality for 1 week being diagnosed with terminal disease leaving only 6 months to live; reflect on your attitudes and behaviours at end of week without the diagnosis



BIBLIOGRAPHY/REFERENCES

- Authors. (May 1, 2007). What does collectivism mean for leadership and teamwork performance? An empirical study in professional service firms. *Journal of International Business and Economics*. [Immediate Online Access]. Retrieved May 2, 2011 from http://goliath.ecnext.com/coms2/gi_0198-475104/What-does-collectivism-mean-for.html
- Barbara L. Frederickson. (2009). *Positivity*. NY: Crown Publishers.
- Colin P. Sisson. (1997). *Inner Adventures*. Auckland, NZ: Total Press Ltd.
- Dundas, I., Anderssen, N., Wormnes, B., & Hauge, H. (2009). Exploring client contribution in a cognitive intervention for test anxiety. *Counseling and Psychotherapy Research, 9*(2), 86-92.
- Eckhart Tolle. (1997). *The power of now: A guide to spiritual enlightenment*. Vancouver, Canada: Namaste Publishing.
- Hermans, H. J. (1996). Voicing the self: From information processing to dialogical exchange. *Psychological Bulletin, 119*, 31-50.
- Kim S. Robinson. (1996). *Red Mars*. GB: HarperCollins Publishers.
- McAdams, D. P. (2006). *The person: A new introduction to personality psychology* (4th ed.). New York: Wiley.
- Yeh, C.J., Inman, A.C., Kim, A.B., & Okubo, Y. (2006). Asian American families' collectivistic coping strategies in response to 9/11. *Cultural Diversity & Ethnic Minority Psychology, 12*(1), 134-48.



Spare slides



WHAT HAVE YOU LEARNT?

- Love and Happiness: The difference between a happy life and a sorrowful one is one of interpretation of attitude and memory
- We have created a duality of opposites in life and this split is the cause of our feeling of separation from our source, nature and true selves; imposed upon us by our past
- “Failure is nothing more than someone else’s opinion of how something should not be done”
- All success and happiness is self-related and not dependent upon the values of other people or institutions



WHAT HAVE YOU LEARNT?

- Our life is full of fear of losing something or someone, appearing foolish, may not be accepted or liked, facing the unknown
- FEAR = false illusion appear real—we live in an illusionary world and struggle against phantoms of our own creations
- Present moment avoidance takes many forms:
 - Chemicals and activities
 - Worry
 - Regret
 - Fantasy
 - Switching off the present
 - Preparing for the next life
 - Etc



FIVE OBSTACLES

- Comparison
- Judgement
- Resistance
- Identification
- Analysis

What to do then?

- Wake up to now!
- Pay attention
- Simply your life
- Live just for now
- Begin each day
anew



WHAT HAVE YOU LEARNT?

POSITIVITY (BARBARA L. FREDERICKSON, 2009)

- Positivity is not: “Grin and bear it” or “Don’t worry be happy”
- It consists of a whole range of emotions
- It includes positive meanings and optimistic attitudes that triggers open minds, tender hearts, relaxed limbs and soft faces
- It even includes long-term impact on character, relationships, communities, and environment



WHAT HAVE YOU LEARNT?

POSITIVITY (BARBARA L. FREDERICKSON, 2009)

- Feels good
- Changes how our mind works
- Transform our future
- Puts the brakes on negativity
- Obeys a tipping point
- We can increase our positivity



WHAT HAVE YOU LEARNT?

POSITIVITY (BARBARA L. FREDERICKSON, 2009)

- Heartfelt positivity is the Means, not Ends
- The active ingredient is US



COLLECTIVISTIC COPING

- The study investigated the use of individualistic and collectivistic coping strategies among Asian American family members of victims of the World Trade Center (WTC) attacks on September 11th, 2001. Interviews were conducted with 11 Asian Americans who had lost a member of their family in the WTC attacks. Results indicated that Asian Americans utilized the following collectivistic coping methods to deal with their losses: individualistic coping, familial coping, intracultural coping, relational universality, forbearance, fatalism/ spirituality, and indigenous healing methods.



COLLECTIVISM

- Collectivism culture refers to 'societies in which people from birth onwards are integrated into strong, cohesive in-groups, which throughout their lifetime continue to protect them in exchange for unquestioning loyalty (Hofstede, 1997).
- From this concept, collectivist's behaviours tend to cooperate and stick with their in-groups and family and their performances are viewed as a result of collective effort and inter personal relationships. Cross cultural studies have shown that collectivist tend to have a stronger attachment to their organization and tend to subordinate their individual goals to group goals (Earley, 1989; Triandis, 1995)
- On the other hand, individualists define themselves as distinct from the collectivists and performance is viewed as a result of individual effort (Hofstede, 1991; Triandis 1990). As a consequence, individualist's can be highly motivated by competition, individual rewards, and achievements also furthermore often put extreme effort to achieve their individual goals. Obviously, individuals and populations demonstrate different levels of collectivist and individualist behaviours. First individuals may act collectively or individually depend on the situation (Triandis 1993). Second, through proportions vary; populations can have both individualist and collectivist members.



COLLECTIVE UNCONSCIOUSNESS

- **Collective unconscious** is a term of analytical psychology, coined by Carl Jung.
- It is proposed to be a part of the unconscious mind and describes how the structure of the psyche autonomously organizes experience. Jung distinguished the collective unconscious from the personal unconscious, in that the personal unconscious is a personal reservoir of experience unique to each individual, while the collective unconscious collects and organizes those personal experiences in a similar way with each member of a particular species.
- For Jung, in addition to our immediate consciousness, which is of a thoroughly personal nature and which we believe to be the only empirical psyche (even if we tack on the personal unconscious as an appendix), there exists a second psychic system of a collective, universal, and impersonal nature which is identical in all individuals. This collective unconscious does not develop individually but is inherited. It consists of pre-existent forms, the archetypes, which can only become conscious secondarily and which give definite form to certain psychic contents.”.

