

گزارش مشاهده جلسه پنجم کارگاه

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| نام گزارش‌دهنده | Maliheh Mahdavi Sefat | دوره فنی | Machine Learning | تاریخ گزارش | ۲۶/۰۲/۱۴۰۳ |
| کارگاه شماره | / | مبانی ارتباطات انسانی | ۵ | Basics of human interactions workshop: session 5 | |

محتوای گزارش

1- What Have you observed in your communications with others?

- A. There are fewer novel things for me to discover than I expect, I have to try hard to find something new. That might be due to my age and years of practice and thinking.
- B. Most things are not as fresh and interesting to me as they are to a twenty-year-old. Being in complicated situations and dealing with difficult behavior is not as exciting or challenging to me as they were before.
- C. So many things are merely a repeating occurrence to me which I have dealt with before and now I have a formula for them.
- D. It's like being as adult in a toy store.
- E. Or it could be for the fact that since 2019 I have not gone out into society as often as I need and like, no on-site job, university, or any excuse to meet new people.
- F. I would very much like to go out and meet people, but not just for meeting but for a reason such as work, that is why I would prefer a flexible work hour to a purely remote job.
- G. I would have preferred to be present in the original workshop sessions and discuss the topics directly at the time.

2- My take out from the session:

- A. It has been said in previous sessions that "I should accept myself". There are two kinds of acceptance: One is to acknowledge my behavior and characteristics as they are. The other is to assume my behavior and my characteristics are correct and sanctioned.
- B. Of course, the former is what is meant here, the kind of acceptance that leads to growth.
- C. Thesis 1: The fastest and most effective way to make changes in ourselves and our world is to accept them as they are in a way that we feel they need

no alterations! ? how can I improve if I don't feel the need to change anything?

- D. Thesis 2: What you have been able to change in your life was because you have accepted them and what you cannot accept you cannot change.
- E. There is a pattern or approach that we follow in all of our communications, though we may not be aware of it but it has rooted deeply in our behavior.
- F. That is, *we try to manage and control the emotions and feelings of the person we are interacting with.*
- G. We always calculate what to say and do to influence people emotionally. What to say to make them happy, motivate them, make them like us, gain their admiration, not to make them angry, calm them, and so on and so forth.
- H. Why is people's emotional state our concern? emotional state
- I. Are we responsible for people's emotions?
- J. Have you ever been upset with people or mad at them?
- K. Are they responsible for what you feel? ? cause not responsible
- L. We as mentors might try to manage the feelings of our interns to make them happy and motivated and that is wrong.
- M. People's feelings are not important because they are not constant, they are not a part of their being. Emotions are fleeting, they come and go throughout time. ? my emotions are a part of me like an arm not a shoe
- N. Some of us control people's emotions as a strategy to stir them how we like and gain what we want.
- O. The question is can you even determine your emotions? Can you decide what to feel in a particular situation or a precise time? No, you can't.
- P. If you cannot control your own emotion, then why you think you can control those of others?
- Q. Because it is a commonly used social contract in our relationships and communication: *To show some expected emotions in reaction to certain behaviors.*
- R. Hence, most of the time when we exert our emotion control powers on people, it is nothing but following the social norm that certain things must cause certain feelings.
- S. It is very interesting that we know we have no control over our own emotions, that we have been surprised by our emotions numerous times, yet we foolishly believe we have any power over people's emotions.

- T. Some of us even claim to be experts in managing other's feelings and manipulating them in order to exploit them how we desire.
- U. How is it possible to think like that despite this paradox that we cannot control our emotions but we are responsible for other's? **probabilities and choice**
- V. The reason is a social trade: *If I'd be responsible for someone else's emotions, then someone else is responsible for mine. ? can I break the contract one sided? What if they expect me to mind their feelings?*
- W. Therefore, I am responsible for the feeling of those around me, which is a limited number, and in exchange, a lot more people are responsible for my feelings. It seems like a good bargain!
- X. However, the fact is that human emotions stem from deep processes in the brain and neural system which are affected by many factors such as genetics, memories, upbringing, chemical elements, environment and other conditions, which can hardly ever be controlled.
- Y. We as humans are merely observing our emotions, we have no managing power over them, yet we base all our communication on the contract that I pretend to be responsible for your emotions, so you pretend to be responsible for mine.
- Z. While our emotions can be seen as hatches through which we can look inside ourselves and observe our internal processes to figure out how our mind decodes the world.

3- Instructions:

- A. Do not attempt to manage your intern's emotions in your mentoring role. **easier said than done**
- B. Just observe and communicate clearly.
- C. Do not worry about their feelings.

4- My questions:

- A. How can I improve if I don't feel the need to change anything?
- B. Can I break the contract one sided?
- C. What if they expect me to mind their feelings?