

گزارش مشاهده جلسه ششم کارگاه

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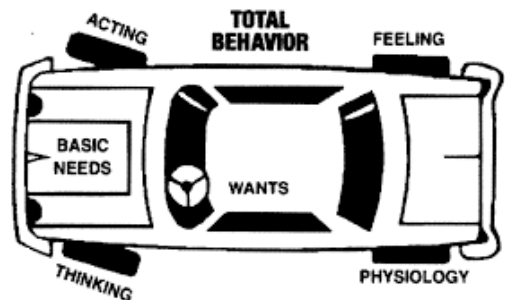
محتوای گزارش

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

- A. I am good at detaching my actions from my emotions most of the time.
- B. But I am not good at compartmentalizing my emotions, sadness from anger, or disappointment from frustration, for example.
- C. Moreover, I am very bad at describing my emotions and talking about my feelings, as I deem it impossible to contain all of them in a few sentences.
- D. I also think it pointless to talk about feelings with most people.
- E. I am very experienced at setting aside my emotions in order to fulfill my commitments as I hold my responsibilities, whether long-term or short-term, in high regard. I see myself responsible, practical and goal oriented.
- F. It's nearly impossible to observe without judgment and opinion.
- G. It is true that more often than not we have no control over the onslaught of thoughts.
- H. Trying to shut down our brain and go to sleep evidently displays that we don't have much control over our train of thought.
- I. The commitment topic reminded me of *Scarlett O'Hara* in *Gone with the Wind*, where she, famous for her strong-willed and practical character, procrastinates getting emotional in order to get the job done and survive, repeatedly saying "I can't think about that right now. If I do, I'll go crazy. I'll think about that tomorrow."
- J. "Keep calm and carry on" is a useful mantra as well.
- K. These videos, the communication workshops and all the mentoring part of CSI hold high importance to me and I take them too seriously, for three main reasons: firstly, the topic is appealing to me in general, it piques my curiosity and interest to delve into human mentality; secondly, I need to learn these skills as it will be useful for my future plans of getting hired in management sector; finally, it helps with dealing with my children and family.

2- My take out from the session:

- A. Because most humans decide compulsively based on their feelings, some people try to leverage this and manipulate them. They make them do what they want by rousing a specific emotion.
- B. In this way, when we see ourselves the same with our emotions and act on impulse, we are voluntarily giving them a steering wheel to play us.
- C. If you can detach your being from your feelings, you might gain a hold over your actions and quit such mind games. Until we see us one with our emotions we are giving free access to people to play us.
- D. Not only are we unable to control our emotions, but also, we have no power over most of our thoughts and many of our actions.
- E. Most of our thoughts just happen and it's fruitless to try and stir our train of thoughts. Similarly, a lot of our actions are beyond our control, they are just reactions to our feelings and what happens to us.
- F. William Glasser described our behavior with a car analogy. There are four wheels on a car, and they represent the four components of total behavior. The front wheels represent acting and thinking. The back wheels represent our emotional feelings and physiology.
- G. According to this analogy, we have partial control over our actions and thoughts but our feelings and physiology are completely beside our management and just follow the rest of the system.



- H. **So, what can we control? What is in our power? The answer is our commitments.**
- I. Even then, we cannot exactly control our commitments, however, we can choose them. We can decide what to commit to and where to put our commitment.
- J. Although the fact that we choose our commitment does not mean that we can necessarily fulfill them and stay true to our choice.
- K. It must be emphasized that selecting a commitment does not result in our emotions, thoughts and actions to automatically follow suit.
- L. A lot may happen to change our priorities and consequently our commitment over time.
- M. What can we do? We can pause and observe.

- N. Neutral observation is the key. It is the observation that reveals whether our commitment is realistic at any point in time or not.
- O. We can reassess our commitment every now and then. We can frequently reevaluate our actions in comparison with our previously decided commitment. Then, we can decide to commit to a new goal or change our behavior and action.
- P. What we decide to do, whether a change of plan, commitment or action is in order, depends entirely on us and our circumstances.
- Q. There is no formula about this, no instruction on what needs changing. Just a constant comparison between our commitments and actions.
- R. This cycle of constant evaluations and adjustments turns into a game which forms all of our life and it begins when we choose our first commitment consciously.
- S. The game of balance between commitments and actions eventually leads to finding or creating the right set of commitments to suit our needs.
- T. Finally, what a mentor does in the CS_Internship?
- U. A mentor in CSI is only there to invite the interns to stop and observe their commitments and actions and decide if their commitment is realistic, if their actions, thoughts and emotions truly support their commitment. The intern then can decide how to readjust for themselves.
- V. Of course, this only pertains to CSI mentors, and not all mentoring roles in the world.

3- Instructions:

- A. Mentors in CSI are not managers, nor they are teachers, as the program is totally self-thought.
- B. Do not attempt to judge or reproach interns, teach them life lessons, change them or guide them.
- C. Only invite interns to make honest observations of their commitments and actions.
- D. Intern then can decide on the suitable adjustments on their own.

4- My questions:

- A. What is the point of mentoring in this sense if it can be replaced with a mobile notification or a bot?