

گزارش مشاهده جلسه چهارم کارگاه مربیگری

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محتوای گزارش

1- What Have you observed in yourself? What do you feel?

- A. During the past week I was thinking about the feedback that I received and was trying to observe myself to see how I am not satisfied with myself, how I want to push myself for small and big achievements. How I am harsh on myself, and I am the number one critic of my own.
- B. There are some solidified contexts in my life that I don't know how to change, or maybe I don't really want to change them. Perhaps I am afraid to change them. I am not sure if these contexts are imposed on me by circumstances or if I created them anymore.
- C. Unlike other audiences who said they are confused, I feel more enlightened on how to observe passively without passing judgments and taking a stand.
- D. The topic of modeling a table reminded me of "Le petit prince" and the drawing of the snake that had swallowed the elephant. The story mocks humans for their stereotypes and questions beliefs while modeling typical humans at the same time.
- E. I do not only think, but I think of my thoughts, and also of the others' thoughts. I overthink and it keeps me awake at nights.

2- My take out from the session:

- A. Context is not what we find out with thinking. Context can be somehow felt and grasped in the subconscious. The neural network that figures out the context is not the same as the neural network that thinks and speaks. Therefore, to understand context we need to connect with those networks.
- B. Analysis and deduction come from a part of the brain that is developed for this, and context is discovered by some other parts of the brain. **Could it be intuition and instinct?**
- C. Imagine a dishwasher machine, which is an instrument that you buy to help with the dishes. It does a job like any other tool.

- D. Have you ever thought that you are one with the dishwasher? Have you ever thought that you are the dishwasher? Probably not, because you know that you are not that instrument. It is an instrument that you bought to do a task. Has your dishwasher ever thought that it is you and you are it and tell you so?!
- E. Weirdly, we humans possess an instrument that we think is us, and it thinks we are it!
- F. None of the body parts think that they are us and we do not think that we are our body parts. Like, we do not think that we are our elbow, knee, arm or leg, and our elbow or leg do not think so either.
- G. Except for one part of the body that we think we are the same. It is our neural network that we call mind! We believe that we are our mind and our mind thinks that it is us and we are not anything else besides our mind. We believe that we are a physical body and a mind and nothing else.
- H. This concept is the root of communication difficulties, it raises problems in our relationships
- I. The first task that our mind does is modeling everything that exists. If we want to model a table, we would probably picture a plane with four legs. If we are asked to describe its taste, we probably can't because we haven't tasted it recently. But we used to taste the table and every thing we were seeing in infancy. As an infant, licking and eating things was one of the methods of discovering the world along with other senses such as touching, looking, and hearing.
- J. However, most people cannot describe their table offhandedly, they need to look at it. That is because they haven't discovered it recently. But why? That is because the mind has modeled the table long ago and has passed it since. An infant needs to touch, see, taste and experience a table like kicking it or climbing it in order to discover it. It keeps doing it until its minds gather enough evidence to be able to create a generic model of a table, once the modeling is done, the human stops experimenting with the table and goes on to other things.
- K. That is true with everything. Our mind gathers clues from the world to build a model, upon completing a satisfactory model, the discovering phase ends. We no longer observe and discover the things that we have models for. Encountering stuff, our mind quickly offers the model it has saved for it, then we are able to move on to other things.

- L. That actually saves us time and helps us to get on with our life. It also saves our life sometimes. For example, once we experience fire and how it burns us, our mind models it and we no longer need to touch it and get burned every time we see a fire. This mechanism helps us to avoid danger, safely preserving our existence.
- M. The next tasks of the human mind are to think about the world, using these models with Boolean logic to predict future outcomes and make decisions based on its prediction. Our mind makes it possible to speak or write and basically communicate our thoughts and deductions with other humans. All this to increase the chance of human survival.
- N. This type of neural network cannot be found in other creatures that populate the earth.
- O. As far as we know, humans are the only life form who currently have such a mind, to model, think, deduct, predict, and share their thoughts.
- P. Humans lived on earth for millions of years and did not have this mind, with the ability to do these five tasks. However, they survived on earth because they developed and trained this part of the brain.
- Q. All creatures are always competing for survival, eat or be eaten, but only humans of them all developed the ability to conquer the others, you never hear about human ranch managed buy cows!
- R. The mind allows us to compensate for what advantages the other creatures have and achieve what they don't. No need to have fur, wings, gill, or night sight, as humans build cloths, airplanes, submarines, and infrared goggles.
- S. Humans used these special neural networks called mind to do all this, making models of the world and the rest. It even modeled itself as the mind, and the human as oneself. My mind has models for 'me' and 'I'.
- T. Gradually, it became so strong and encompassing to the point that it confused and replaced itself with me. Now we think that we are our mind and our mind is us. I am my mind and my mind is me.
- U. If one is asked who you are, they would answer I am me, I am the one who thinks, who speaks, who makes models, who decides. So, we have this part of our brain that is responsible for building models, thinking, predicting and speaking, though we are not aware that this is not us, neither is our whole brain and our entire neural system. Hence, even the wisest intellectuals put the mind in place of themselves, as René Descartes claimed "Je pense, donc je suis."

- V. Almost all people describe themselves as their mind's activities. When they are told that thinking and speaking are the jobs of a tiny part of you and you are not your mind, they would question it, 'who am I then?'
- W. Do we not have a separate existence than our mind? What about a newborn human that has not yet learned to speak and make coherent thoughts and has few models of the world? Surely a newborn exists even though its mind is not as strong as an adult.
- X. However, we have other neural networks that manage other functions than those five, for example beating the heart, seeing and hearing, and a lot more. They word silently in our subconscious, they are not under our command.
- Y. What makes some of actions to be conscious and what makes some unconscious? Might be that we have not mental models for them. We are aware of what we can model and unaware of what we cannot.
- Z. To know something is to have enough models for it to be able to think and predict. As long as our models are incomplete we continue to discover evidence, once the observations are enough and the models are complete the discovery process is over and we no longer attempt to get to know things. This includes other humans too. We model people, categorize them and pass judgment according to pre-made models without trying to know them.

3- Instructions:

- A. We are not our minds. The mind has 5 general functions as thinking, deducting, predicting, deciding and communication. Ask yourself what we are besides our mind.
- B. The concept cannot be found by thinking. How can we understand people's concepts if not by thinking?
- C. We do not discover solutions with our mind. That is why a lot of solutions are found while taking a shower or walking or listening to music and such but not actively thinking,
- D. The solutions are found in the subconscious part of the brain and passed to the mind, which takes the answer along with the credit for it.
- E. A mentor's job is to be there, only observe and not pass the judgment to somehow figure out the concepts of the mentee. A mentor keeps listening and refrain from modeling until they know the context, because a mentor treats the context not the content.

F. Observing is to not make models as long as possible and continue to experience and experiment and gather data until it is enough. The threshold of enough 'theoretical saturation?' is another matter.

G. My questions:

A. I cannot turn off my mind (previously I would say my brain) and stop thinking even while sleeping. A part of me is always awake and thinking to the extent that I struggle with a sleeping disorder. How is it possible to stop thinking? Is there a method for turning off our mind?