

# **How We Think**

**Jim Grimes, Psy.D**



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# Thinking Quotes

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- ❖ **"Cogito ergo sum. (I think, therefore I am.)"**—Rene Descartes
- ❖ **"Whether you think you can or you think you can't—you're right"**—Henry Ford
- ❖ **"Reading Furnishes the mind only with materials of knowledge; it is thinking that makes what we read ours."**—John Locke

# Romans 12:1-2

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- ❖ **12** Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

# Definition of Mental Formation

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- ◆ Definition

The consistent renewing of our minds and thinking so that we are centered on God and his wisdom for our lives. The place of God in our minds.

# The Need

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- ❖ The mind has a huge place in effecting the other parts of our being
- ❖ What we are like is what is on our minds
- ❖ You want to learn to live in such a way that God is always on your mind
- ❖ Minds have ideas, images, beliefs, patterns of inference. There are feelings in response to those ideas. What you think about - what occupies your mind - governs your feelings.

# Window of Tolerance

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- ❖ First coined by Daniel Seigel, M.D.
- ❖ I affectionately call this the Goldie Locks Zone



# Window of Tolerance

Judgement

Bad

Point of No Return

Poor

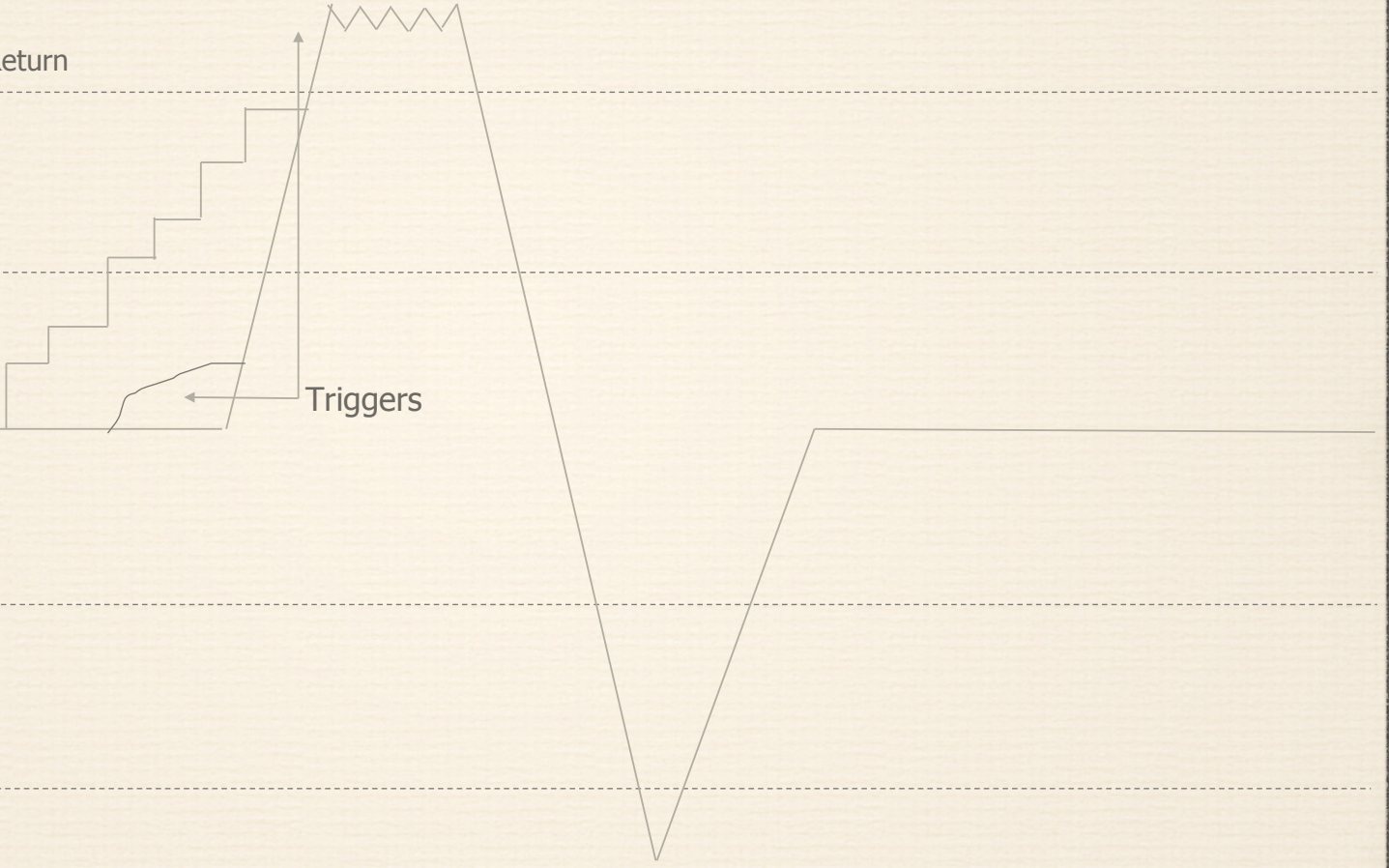
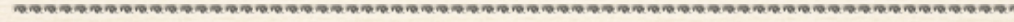
Good

Triggers

Good

Poor

Bad



# Speed of Thought

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- ❖ On Average how fast can people talk?
  - ❖ Professional auctioneer = 200 to 250 words per minute
  - ❖ Average Person = 125 to 150 words per minute

# Speed of Thought

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- ❖ How fast do we think words per minute?
  - ❖ Do we think faster or slower than we talk?
  - ❖ Take your best guess and write it down in words per minute
    - ❖ Answer = 1,200 words per minute

# Speed of Thought

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- ❖ How do we think?
  - ❖ Thinking Exercise:
    - ❖ Just be aware of the first thing that comes to your mind.
    - ❖ I want you to think of a Banana.

# Speed of Thought

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- ❖ What was the first thing that came to your mind?
  - ❖ Did you have the definition from Webster's Dictionary scroll across your mind's eye?
  - ❖ Did you see the color yellow, did you see a picture of a banana or did you see a monkey eating a banana

# Speed of Thought

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- ❖ What does this mean?
  - ❖ We don't think in words but in images.
- ❖ How do we then translate images into words to develop a speed for our thoughts?
  - ❖ If we use the adage "A picture is worth a thousand words we can generate a rough estimate.

# Speed of Thought

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- ❖ Answer to how fast we think words per minute:
- ❖ 1,200 words = 1,200 images
- ❖ Then 1,200 images x 1,000 words = 1,200,000 words per minute.

# 4 Components of Thought

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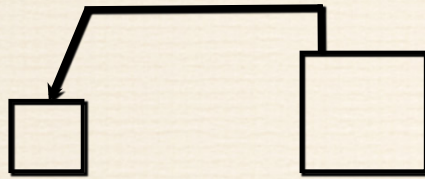
## Reality

- Facts
- Body Language
- Facial Expressions
- Hand Gestures
- Eye Contact



# 4 Components of Thought

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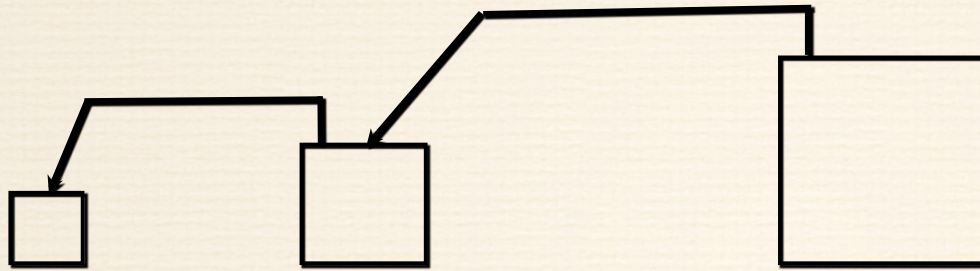
## Perception

### Unconscious Process

- How each of your five senses encounter the information in the environment

# 4 Components of Thought

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## Reality

- **Facts**
- Body Language
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## Perception

### Unconscious Process

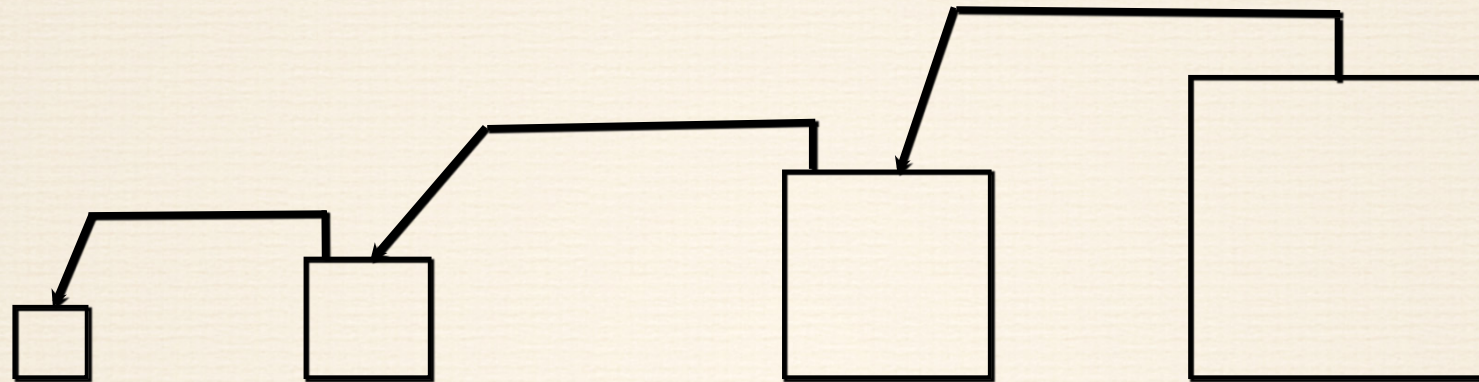
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## Interpretation

### Meaning: Influenced by:

- Physically
- Emotionally
- Relationally
- Mentally
- Family of Origin
- Values
- Morals
- Beliefs
- Culture

# 4 Components of Thought



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## Feelings

# Thank you

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