

S E S S I O N 2

Automaticity

O U T L I N E

This Presentation

- 1. WHAT IS AUTOMATICITY?**
- 2. AUTOMATIC BEHAVIOR**
- 3. AUTOMATIC CYCLES**

1.

WHAT IS

Automaticity?



1. WHAT IS AUTOMATICITY?

Exercise



“Imagine strolling along a street that you are well-acquainted with. As you look up, you notice that there is someone you know on the other side of the road. You smile and wave, however the person does not respond. The person continues to walk without giving you the slightest reaction...”



1 . W H A T I S A U T O M A T I C I T Y

Exercise

1. AS YOU WERE IMAGINING, DID YOU NOTICE ANY OF YOUR THOUGHTS?

2. AS YOU WERE IMAGINING, DID YOU NOTICE ANY OF YOUR EMOTIONS?

1 . W H A T I S A U T O M A T I C I T Y

Exercise

- **THOUGHTS OFTEN EMERGE IMMEDIATELY AND AUTOMATICALLY**
- **THE MIND PRODUCES STORIES**
- **THESE STORIES ARE OFTEN NOT TRUE**

1 . W H A T I S A U T O M A T I C I T Y

Automatism

- SOMETHING WE DO THAT WE ARE NOT AWARE OF
- MANY BEHAVIORS ARE AUTOMATIC
- EXAMPLES: DRIVING, EATING, PLAYING THE PIANO, MAKING GESTURES, ETC.
- BUILT THROUGH REPETITION

1. WHAT IS AUTOMATICITY

Benefits

- **FAST AND PARALLEL PROCESSING POSSIBLE**
- **MENTAL SHORTCUTS: NOT NECESSARY TO EXAMINE ALL OPTIONS ALL THE TIME (E.G. MAKING CERTAIN CHOICES)**
- **MULTITASKING: LITTLE ATTENTION IS NEEDED FOR AUTOMATIC ACTIONS**

1. WHAT IS AUTOMATICITY

Disadvantages



*We first make our habits,
and then our habits make us.*

- John Dryden



1 . W H A T I S A U T O M A T I C I T Y

Disadvantages

➤ **OFTEN DIFFICULT TO CHANGE**

➤ **UNCONSCIOUS, THEREFORE NOT IN MOMENT**

1 . W H A T I S A U T O M A T I C I T Y

Disadvantages

SOME OF OUR AUTOMATIC PATTERNS CAUSE PROBLEMS:

- AUTOMATIC DESIRE FOR ALCOHOL WHEN IN A CERTAIN PLACE (CUE)**
- AUTOMATIC NEGATIVE THINKING/RUMINATION WHEN UNPLEASANT SITUATIONS OCCUR**
- AUTOMATICALLY LETTING EMOTIONS GUIDE BEHAVIOR**

2.

A U T O M A T I C

Behavior



2 . A U T O M A T I C B E H A V I O R

REACTIVITY

SITUATION

AUTOMATIC

REACTION

2 . A U T O M A T I C B E H A V I O R

REACTIVITY

SITUATION

AUTOMATIC

REACTION

**RECEIVING A
SNIDE REMARK**



2 . A U T O M A T I C B E H A V I O R

REACTIVITY

SITUATION

AUTOMATIC

REACTION

SAD FEELING



2 . A U T O M A T I C B E H A V I O R

Reactivity



How can we change automatic behaviour?



2 . A U T O M A T I C B E H A V I O R

Reactivity



...by increasing attention



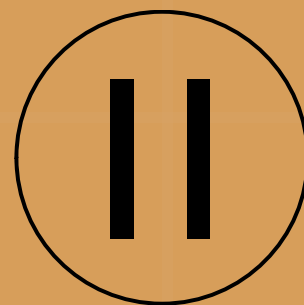
2 . A U T O M A T I C B E H A V I O R

MINDFUL ATTENTION

SITUATION

**MINDFUL
ATTENTION**

REACTION



2 . A U T O M A T I C B E H A V I O R

MINDFUL ATTENTION

SITUATION

**MINDFUL
ATTENTION**

REACTION

WHAT IS GOING ON?

WHAT DO I FEEL?

WHAT AM I ABOUT TO DO?

2 . A U T O M A T I C B E H A V I O R

MINDFUL ATTENTION

SITUATION

RECEIVING
A SNIDE REMARK

**MINDFUL
ATTENTION**

I AM GETTING ANGRY
I FEEL TENSION IN MY CHEST
I WANT TO HURT THE OTHER PERSON

REACTION

SHOUTING?
STAYING CALM?
WALKING AWAY?

2 . A U T O M A T I C B E H A V I O R

MINDFUL ATTENTION

SITUATION

RECEIVING
A SNIDE REMARK

**MINDFUL
ATTENTION**

I AM GETTING ANGRY
I FEEL TENSION IN MY CHEST
I WANT TO HURT THE OTHER PERSON

REACTION

CONSCIOUS
CHOICE

3.

A U T O M A T I C

Cycles



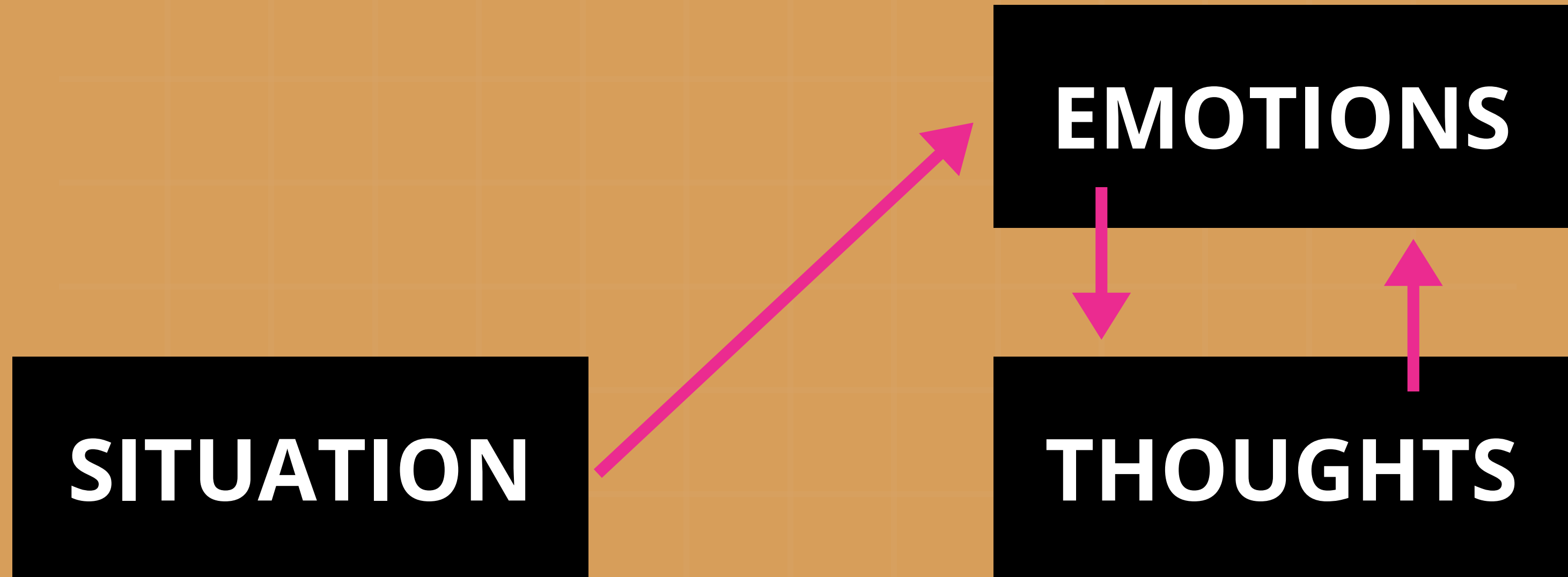
3 . A U T O M A T I C C Y C L E S

CYCLES OF FEELING AND THINKING



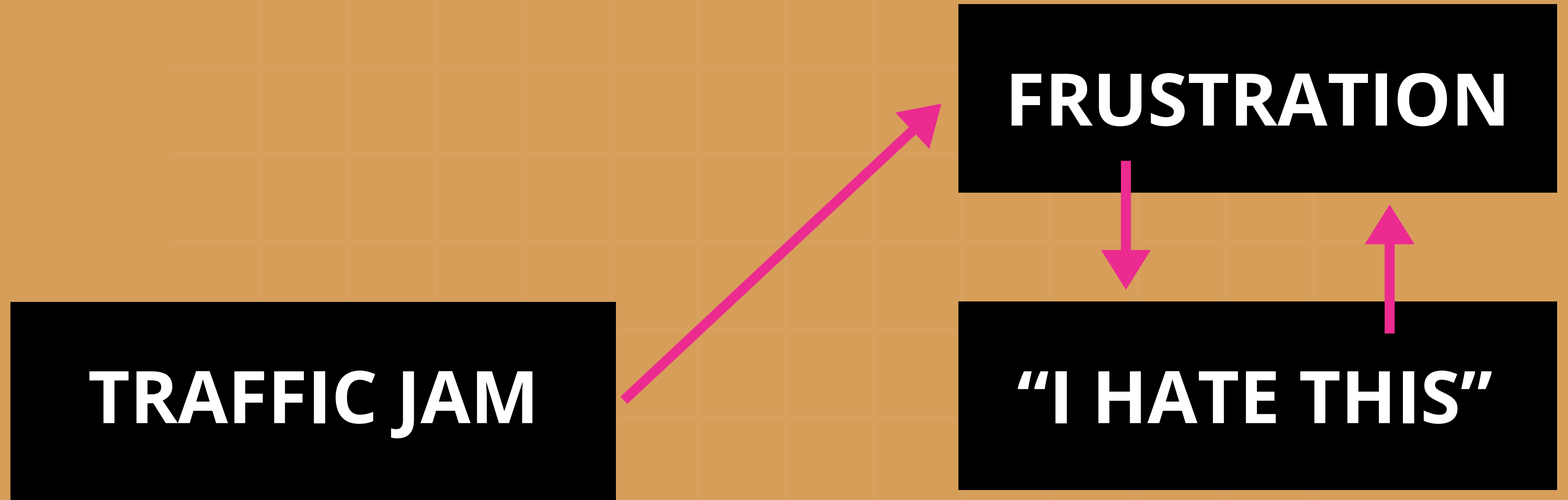
3 . A U T O M A T I C C Y C L E S

CYCLES OF FEELING AND THINKING



3 . A U T O M A T I C C Y C L E S

CYCLES OF FEELING AND THINKING



3 . A U T O M A T I C C Y C L E S

CYCLES OF FEELING AND THINKING



3 . A U T O M A T I C C Y C L E S

Cycles of feeling and thinking

- **CAPTURED IN CYCLE**
- **ATTEMPTING TO NOT FEEL OR THINK ABOUT IT: MORE CAPTURED THAN BEFORE**
- **CYCLE DETERMINES OUR FEELINGS**

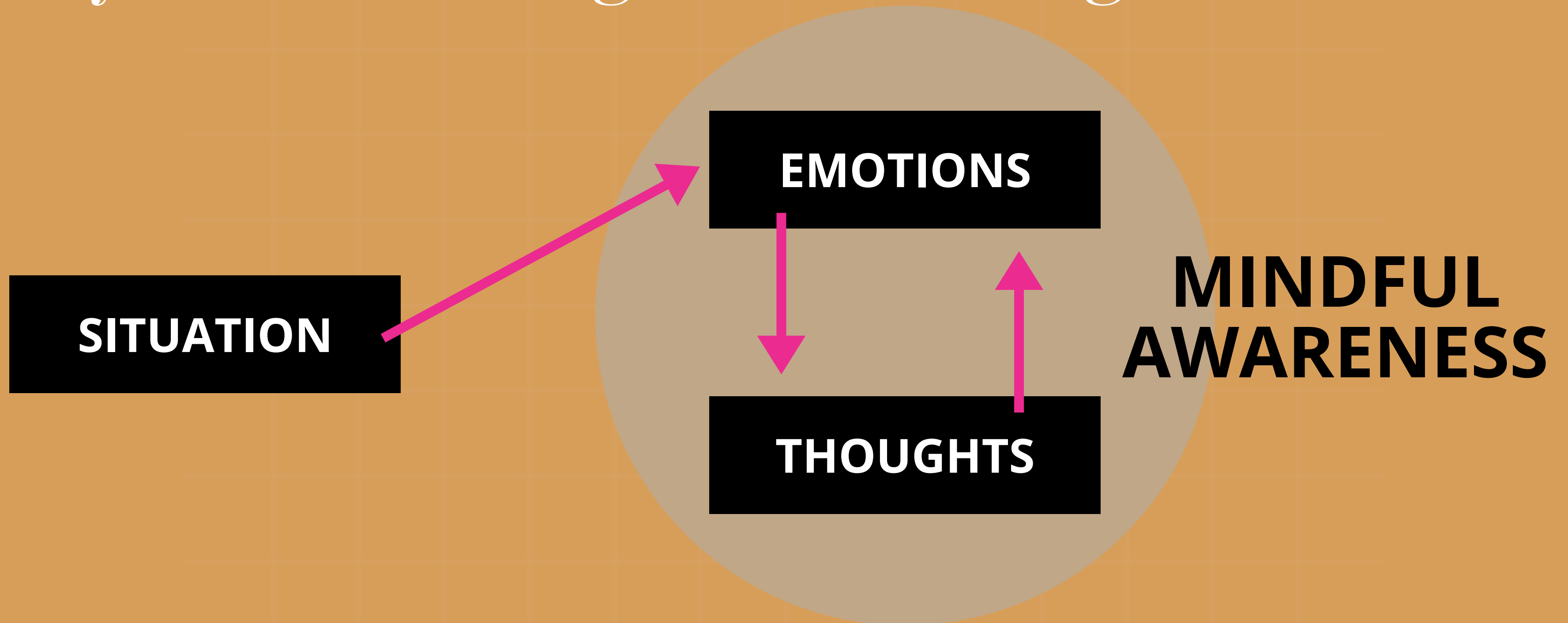
3 . A U T O M A T I C C Y C L E S

Leaving the cycle

1. **CONNECT TO THE PRESENT MOMENT (ANCHOR)**
2. **ALLOW FEELINGS TO BE PRESENT**
3. **NOTICE WHEN THINKING TAKES OVER AGAIN**
4. **RETURN TO ANCHOR**

3 . A U T O M A T I C C Y C L E S

Cycles of feeling and thinking



THANK YOU!

For your attention!

