

# REWARD & EXPLORATION

## PART THREE: THINKING & REFORMING A NEW YOU!



Coalition of Alcohol and Drug Educators

**Dalgarno**  
INSTITUTE



# STAY CALM & DO REVISION!

What we think about and how we think about it, can change the way the brain works, but that's not the only factor.

As we've seen in our previous sessions the long-standing nature and nurture debate as to 'how' a person is has been run and done, it's a remarkable combination of both, that we like to call a RECIPE format. which means it is a wonderful interactive combination of necessary ingredients, mix, quantities, timing and proper best-practice processes.

# STAY CALM & DO REVISION!

Like all recipes the human being one has components that influence the 'cookie' not being 'cut' but made! Yes, your genetics matter, of course, but remember the epigenetic influence is malleable. It can both be influenced and play a part in gene expression.

This is where the Mind and the values, models, boundaries (or lack of) experiences, and the decision making that all come from that – impact how and who we are.

# STAY CALM & DO REVISION!

Some of these elements we don't have any real influence over, but many we do. Our decision making and the subsequent words, actions and activities can shape us for better or worse.

If you're not setting the 'temperature' of your social and decision-making environments, then you are likely to be simply a *thermometer* that simply 'follows' whatever temperature your environment is setting.

You can be a Thermostat that makes quality, healthy, potential and capacity fulfilling calls on your life, and potentially impact for the better, those around you.



## CONVERSATION STARTER



As a group/class/team, share and discuss...

- What factors, elements, people, environments, do you find messy with your (and your groups) focus when it comes to engaging Reward or Rebellion and Exploration or Experimentation?
- List the positive and negative factors or issues that you notice.

# YOUR MIND AND RESILIENCE BUILDING DECISIONS – YOU MAKING DECISIONS OR DECISIONS MAKING YOU? CONTINUED...

Famous philosopher Descarte was the gent who coined the well-worn phrase, “**I think, therefore I am!**”

What does that mean? Well, he is saying what and how you think about all sorts of things does have a significant impact how you are, what you might decide, act out and become?



# **YOUR MIND AND RESILIENCE BUILDING DECISIONS – YOU MAKING DECISIONS OR DECISIONS MAKING YOU? CONTINUED...**

Mr. Descarte didn't know how right he really was! Recent science (last decade) has really added serious weight to that 'truism'

You see the 'MIND' (not just the organ of the brain) is still a real mystery to scientists. It is more than brain biology, or firing neurons, or chemical interactions... it is those, but there's another factor in play that material science can't quite pin down – yet!

# **YOUR MIND AND RESILIENCE BUILDING DECISIONS – YOU MAKING DECISIONS OR DECISIONS MAKING YOU? CONTINUED...**

Is the set of questions/assumptions we start with. The two core question all human beings – individual agents – ask are, 1) Why? And 2) Is it True? However, there is the third factor informing in the background... Who said it! This in a social media and marketing culture, can have incredible sway over what you listen to. If something is true or explained accurately, it doesn't all of a sudden become the opposite, just because the individual saying it isn't 'liked or valued' by you.



# **YOUR MIND AND RESILIENCE BUILDING DECISIONS – YOU MAKING DECISIONS OR DECISIONS MAKING YOU? CONTINUED...**

But now in the post-truth era the questions are no longer about capacity, agency for dignity, humanity and productivity, rather What's in for me and What are the risks?/What can I get away with?

The capacity and agency developing care giver/parent/Significant Other sets up the child to pursue exploration and reward NOT experimentation and rebellion.



HOW NOT TO SAY YES TO  
ME AND MY  
COMMUNITY  
WRECKNG DRUGS



<https://www.youtube.com/watch?v=Xj9y7VBvMus>