



# The Social psychology of Risk

Foundation day



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Dr Nippin Anand

# Risk

What do you think of when you hear the word 'risk'?

Narrow down to 3 most important to you

Rank 1-5 for the whole group

BRAINSTORM IN GROUPS (ONE SCRIBE)



## SCENARIO CARD



Three maintenance technicians are observed working at heights and only one of them is wearing safety harness.

D

novellus



What three questions would you ask?

# What did we learn?

## language audit



### Exformation

(Implicit and explicit)

### Risk maturity

(Who was undecided)

### Availability bias

(The limits of imagination)

### Power dynamics

(Whose words matter)

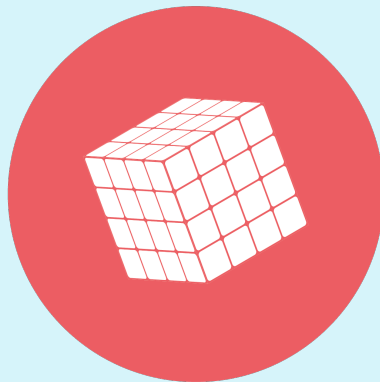
# When I think of risk



SPoR	Risk
Learning	Compliance
Care	Saving Lives
Listening	Procedures
Helping	Responsibility
Fallible	Accountability
Relationships	Communication
Understanding	Hazards
Unconscious	Controls
Paradox	Risk Mitigation
Conversation	Safety

# Layers of Risk & Recognition (language)

## WORKSPACE



**PRIMARY**  
PHYSICAL

## HEADSPACE



**SECONDARY**  
PSYCHOLOGICAL

## GROUPSPACE



**TERTIARY**  
CULTURAL

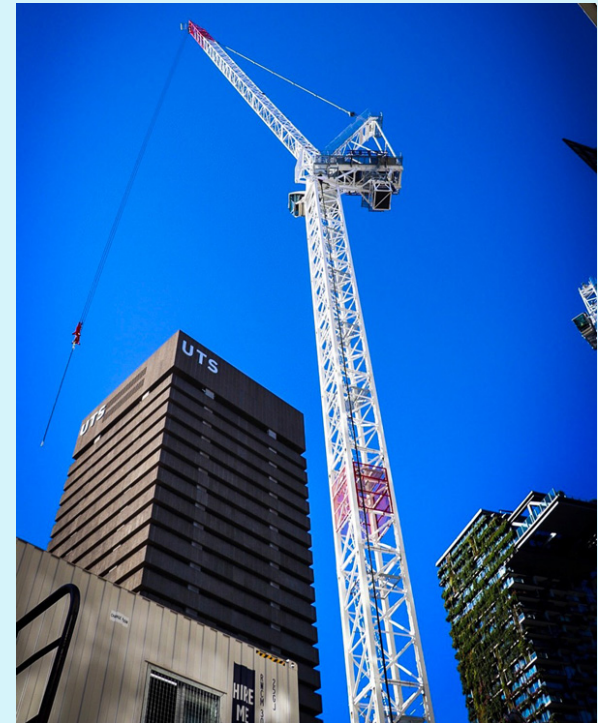


# Primary-Physical

- Pay
- Overtime/Bonus/HR benefits
- RDOs
- Equipment, Dress
- Vehicle, Phone, charger
- Facilities – hygiene
- Behaviourist Reward systems
- Physical discipline
- Temperature, pressure, mechanism
- Contracts



Workspace



# Secondary–Psychological

- Job satisfaction
- Encouragement
- Listening, Tactical Ignoring
- Learning
- Acceptance
- Job security
- Positivity, Learning
- Creativity
- Success
- Feeling, emotions



Headspace



# Tertiary-Cultural

- Collective Mindfulness
- Team membership/Esteem
- Togetherness, Inclusion
- Understanding leadership
- Practical management
- Meaning and purpose
- Organisational belonging
- Meaning, purpose, trust
- Extension, Development, Support
- Affirmation, Performance Development
- Policy, Rules, Routines, HR, Systems

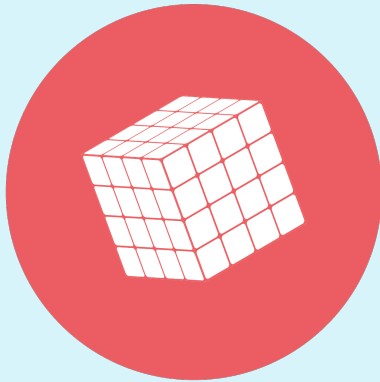


Groupspace



# Layers of Risk & Recognition (language)

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# Layers of Risk & Recognition (language)

## Physical +

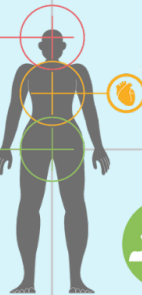
Measurable      Touchable  
Tangible      Audible  
Observable      Visible  
Smellable      Tastable

## Physical -

Measurable      Touchable  
Tangible      Audible  
Observable      Visible  
Smellable      Tastable

## Individual

wellbeing      discomfort      boredom  
heuristic      desire      aspiration  
pleasure      fatigue      motivation  
flourishing      preferences      satisfaction  
experience      choice      learning

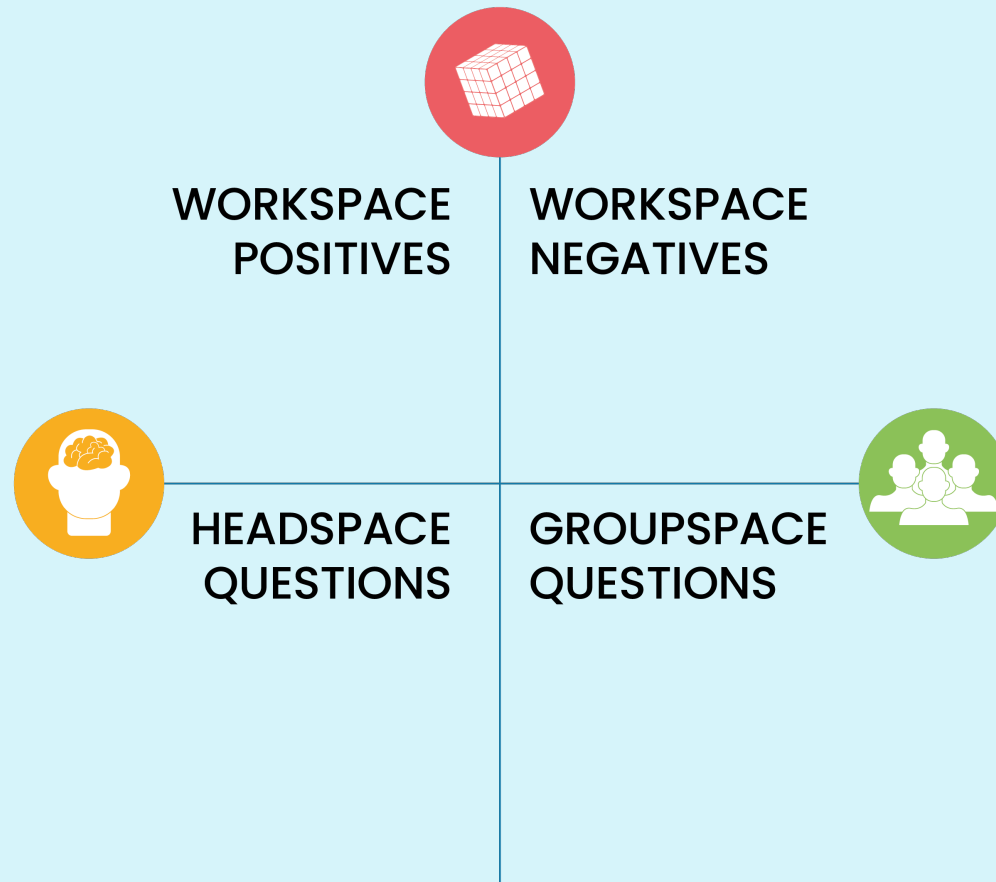


morals  
usual  
values  
routine  
groupthink

## Collective

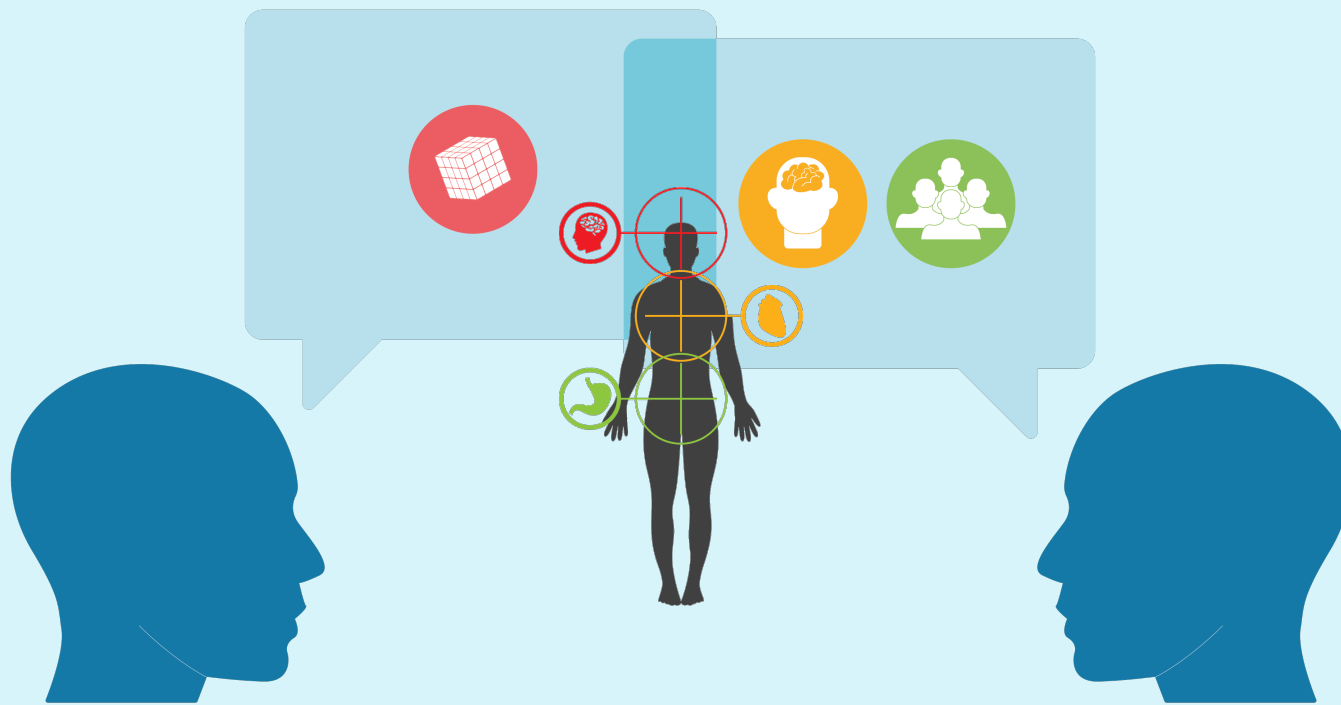
ethics      normative  
metaphors      narratives  
attitudes      beliefs  
relationships      behaviours  
good      bad





# Are we listening and meeting?

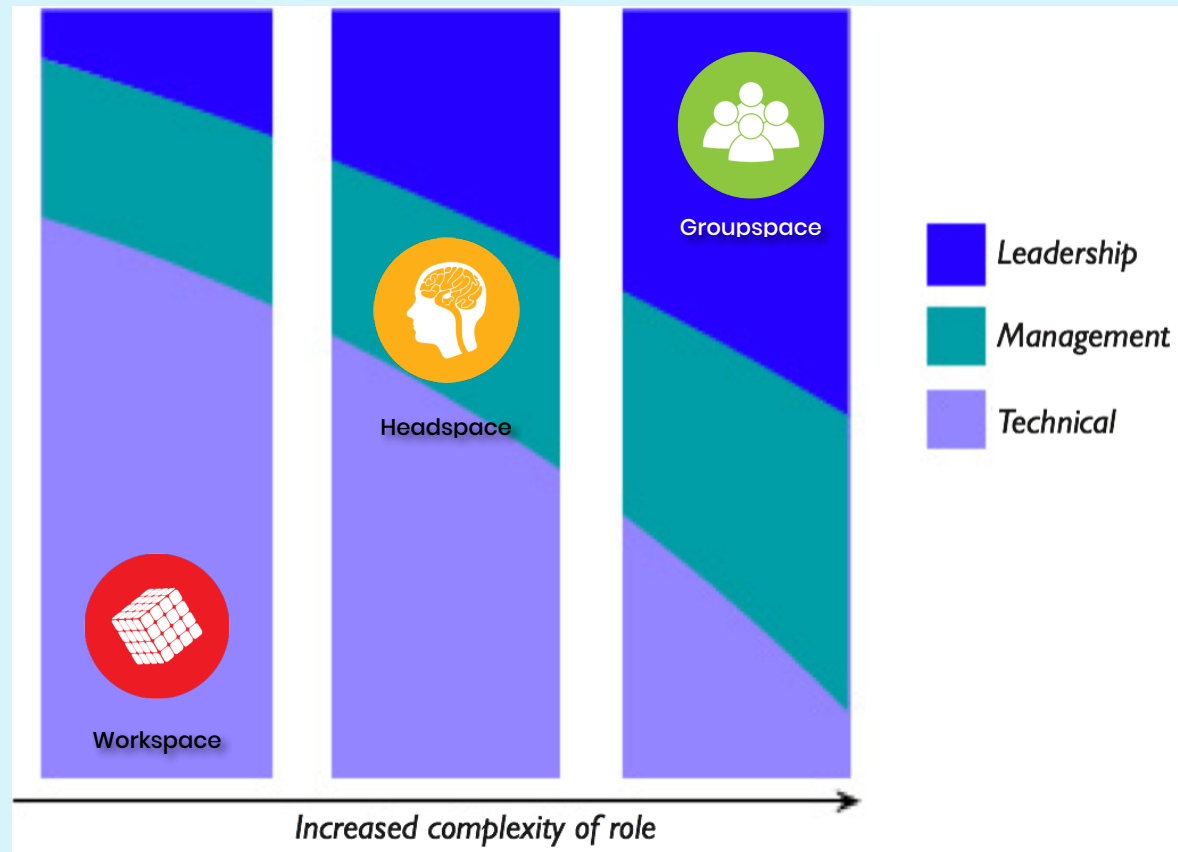
Revisiting the recorded exercise and questions





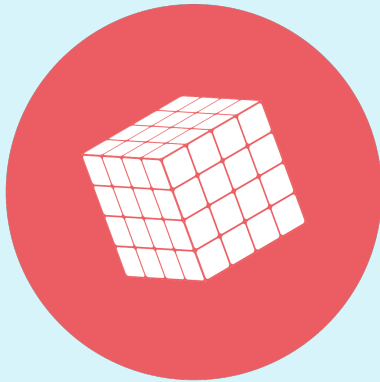
Talk to your neighbour and  
note down their words in  
WS, HS and GS on the sheet.

Operator      Middle      Leader



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PHYSICAL

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**SECONDARY**  
PSYCHOLOGICAL

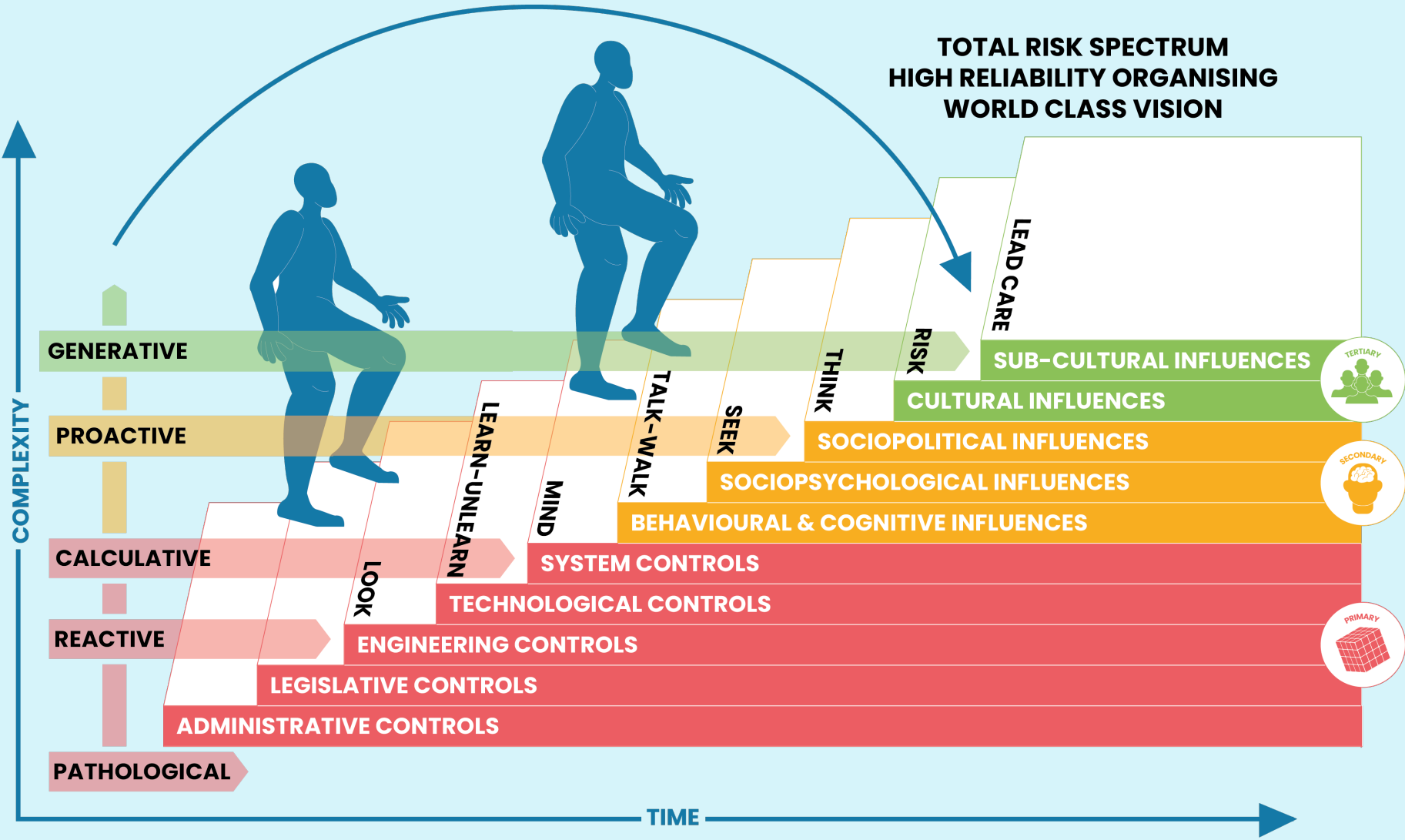
## GROUPSPACE



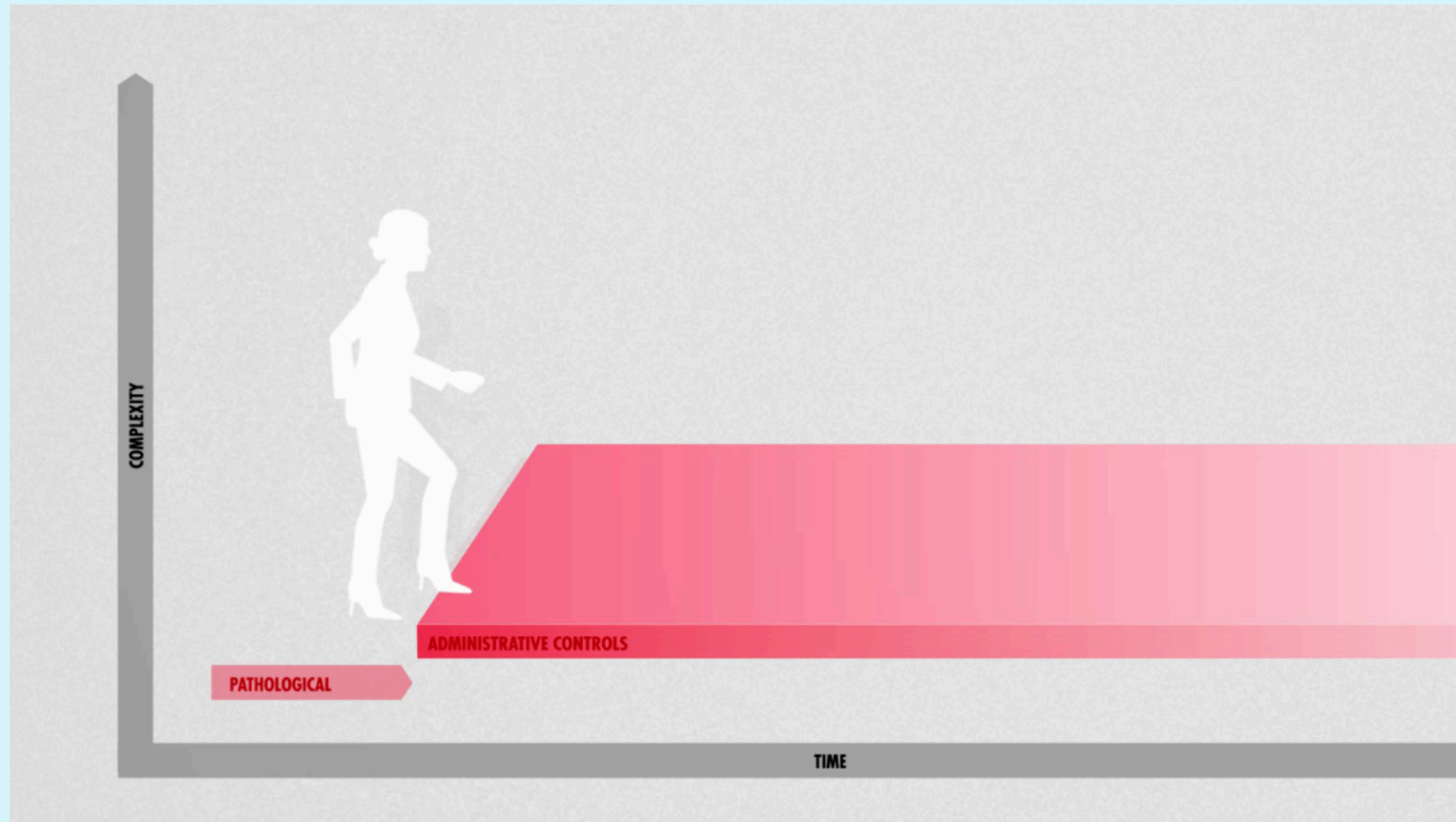
**TERTIARY**  
CULTURAL



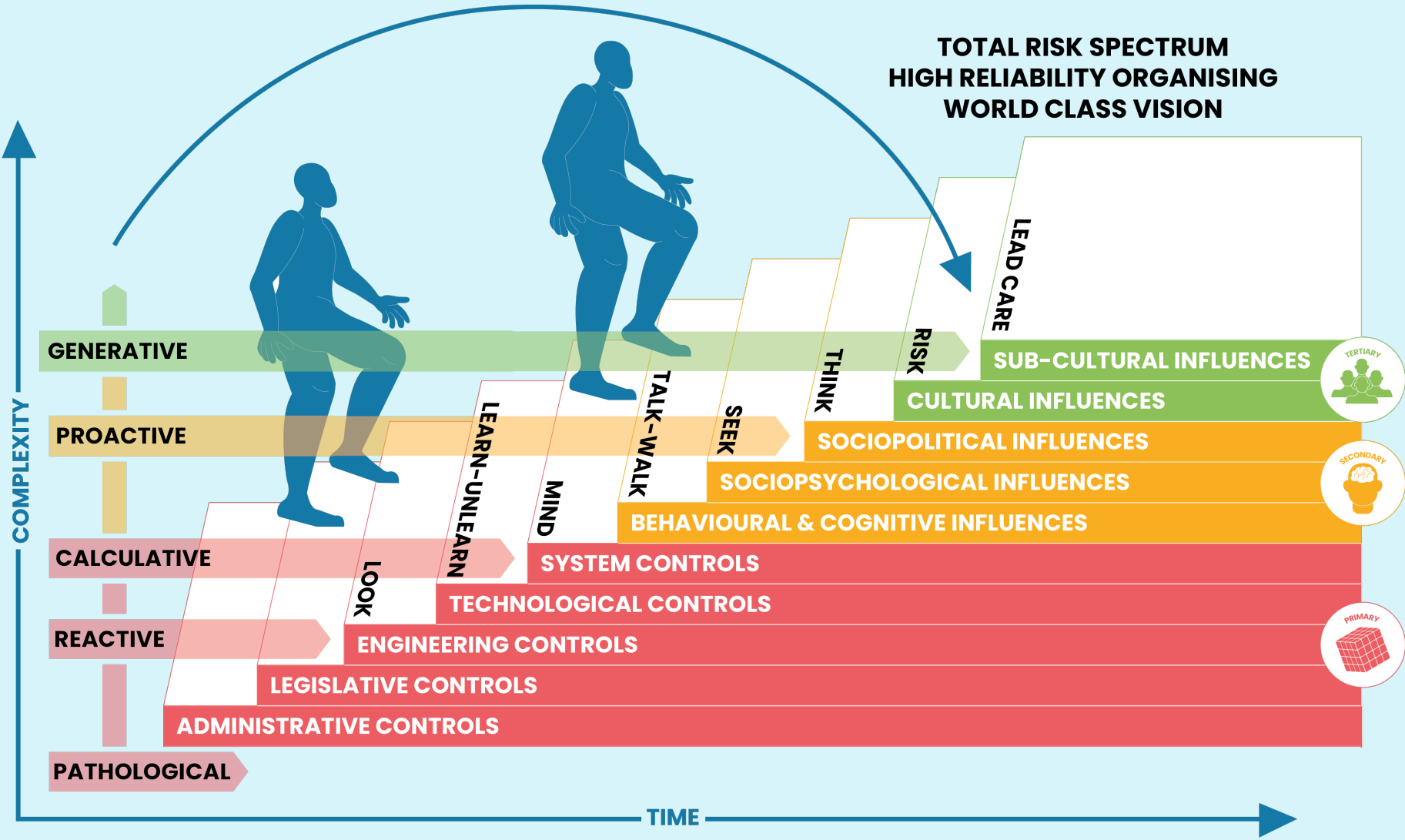
# RISK MATURITY MATRIX



# THE MATURITY DYNAMIC

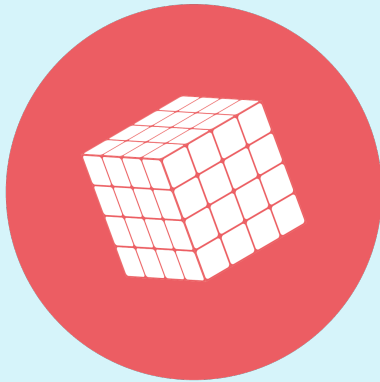


# RISK MATURITY MATRIX



# Layers of Risk & Recognition (language)

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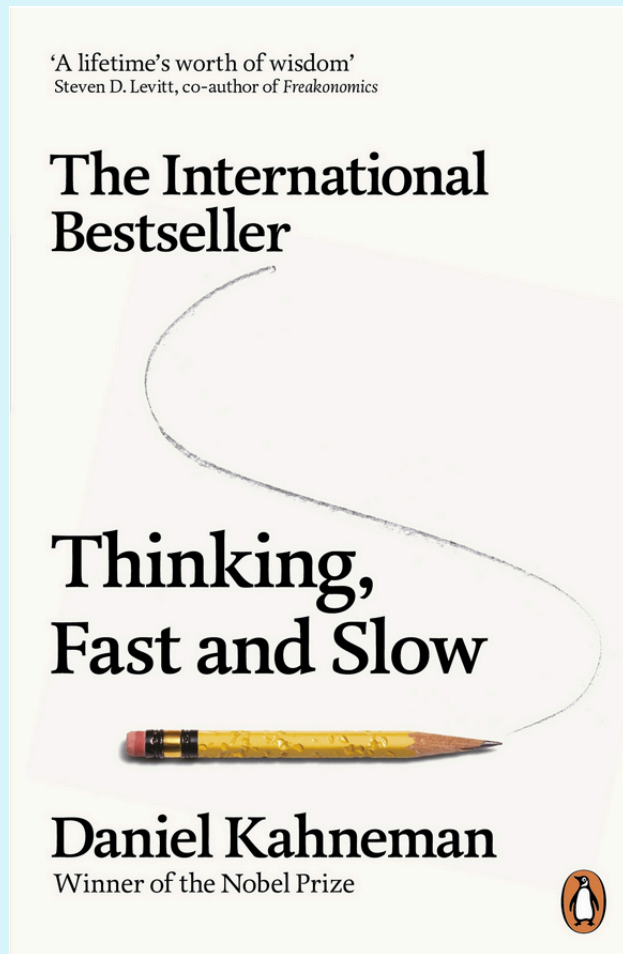
## GROUPSPACE



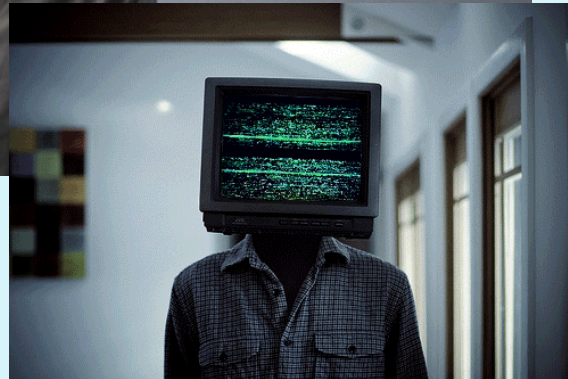
**TERTIARY**  
CULTURAL



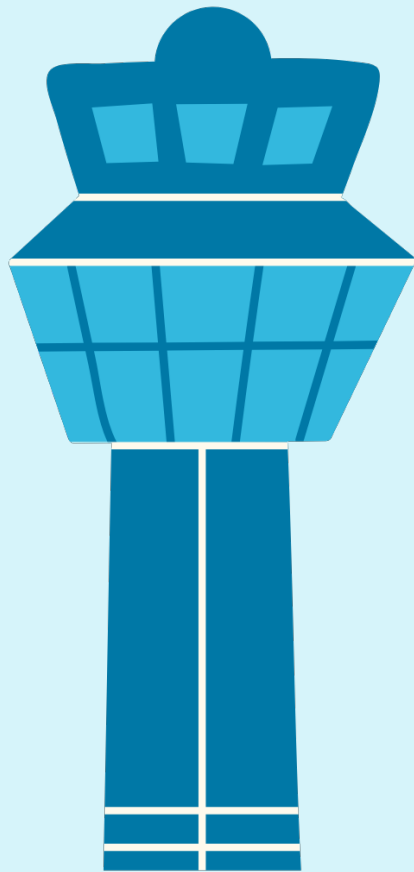
# Common models of human decision making



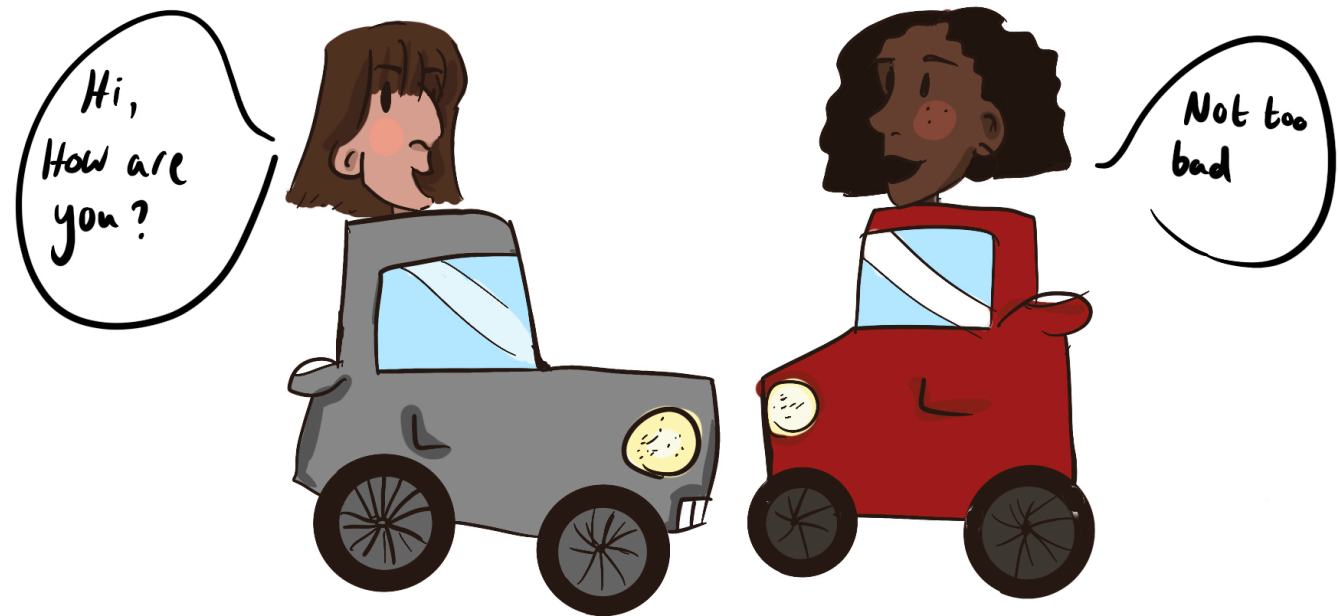
# Common models of decision making



# Brain as the control tower of body



# Body to transport the brain

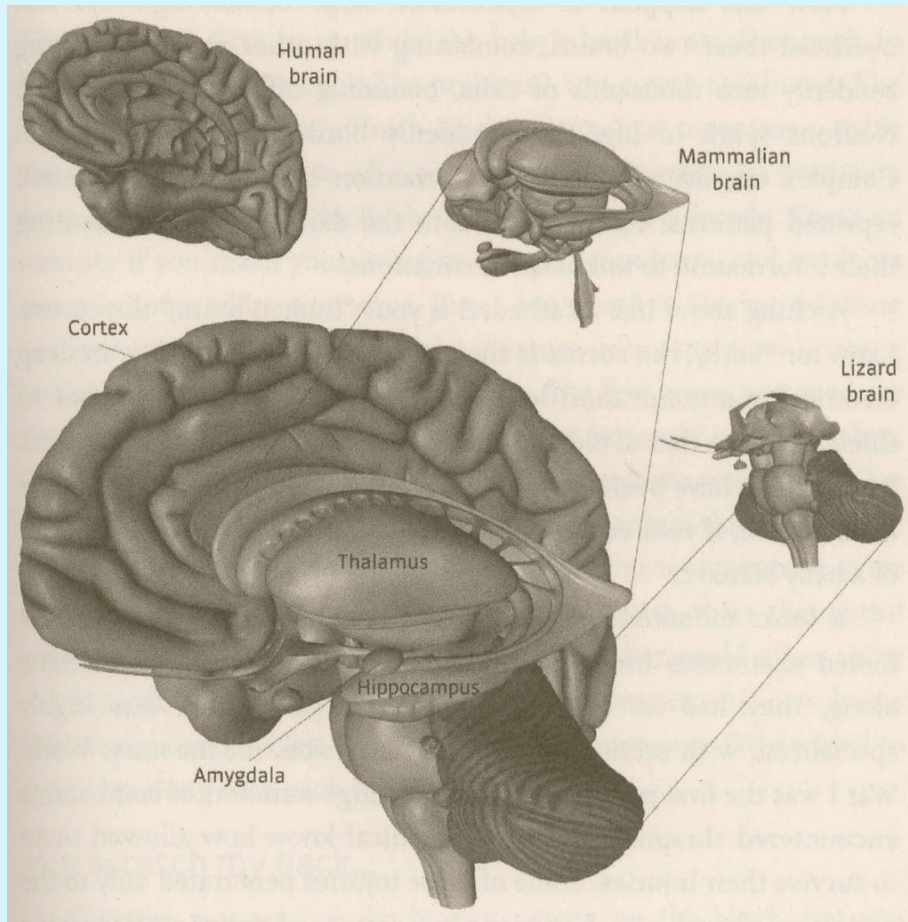


# One Brain Three Minds

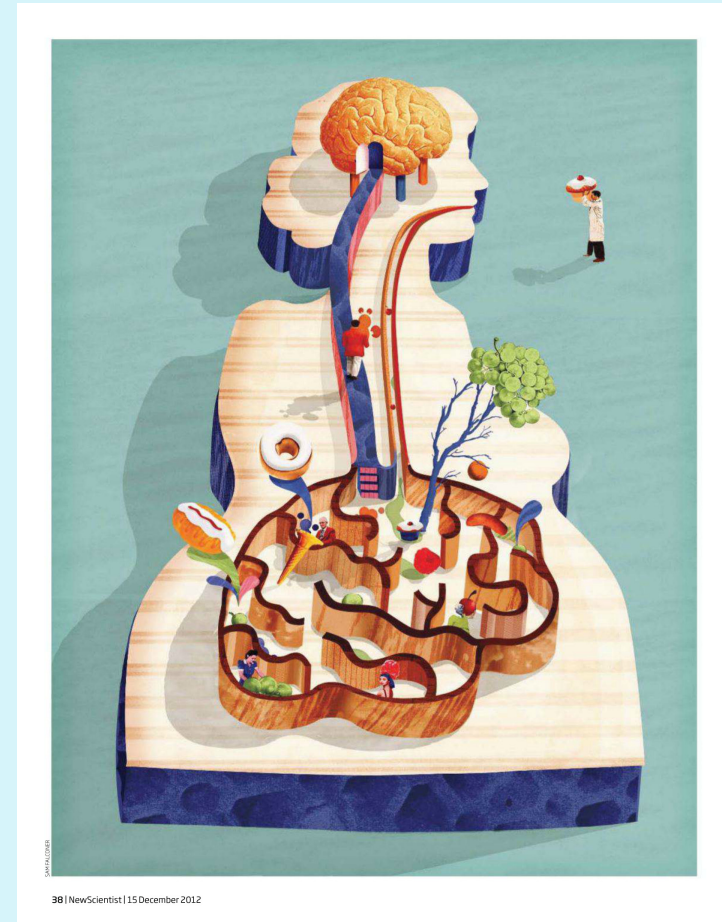
A transdisciplinary view



# ONE BRAIN THREE MINDS



Medina – Brain Rules



Alimentary Thinking

# ONE BRAIN THREE MINDS

Welcome to **UNIVERSAL HEALING TAO Asia**

From Master Mantak Chia  
Founder of Universal Healing Tao, Tao Yoga,  
and director of Tao Garden Health Resort, Thailand.

Join Tao  
Gathering

Good Air • Good Food • Good Water • Good Chi • Good Heart • Good Mind

**UNIVERSAL HEALING TAO**  
道  
CENTER

*Three Minds Into One*

The Three Minds correspond to the Three Tan Tien or major energy centers within the body. They can store, transform and supply energy to and from each other, the spinal cord, sexual organs and other major organs. The Upper Tan Tien is located within the Upper Brain, the Middle Tan Tien is located in the heart and the Lower Tan Tien in the abdomen.

If the Upper Brain generates too much energy, it can subsequently transfer and store it in the organs; heart, lungs, liver, spleen, stomach, pancreas and kidneys). Excess sexual energy can also be stored in the organs and the Three Tan Tien. The Taoists, understanding these principles, learn to generate, refine and store continually increasing amounts of energy within the body. As these energies multiply, it becomes necessary to practice growing the virtuous energy which provides for true alchemy, exchange with heaven, earth and universal energies and all those whom we share our lives with.

By storing Chi within the body and not emptying oneself outward, there is no subsequent drainage of energy. Sitting and emptying the mind is good, but very little energy is actually generated. The Taoist turns the self inwards to the universe within, the microcosmic reflection of the macrocosm without.

With the simple practice of smiling to all the organs, we can integrate our bodies, minds and spirits. They are no longer separate. The goal of the Three Minds is to combine the faculties of observation, consciousness and awareness and connect them with the forces from the six directions - above, below, left, right, front and back, drawing and fusing a sublimation of all of these external energies into the body. Eventually, with practice one can draw upon many different energies and use them as needed, thereby giving form to the formless energy that is abundant in Nature.

By combining **Three Minds into One**, one is able to use minimum effort to achieve maximum effect.

**Three Tan Tien**  
In the Tao practice, we store energy in the Three Tan Tien. The Three Tan Tien correspond to the Three Minds, Upper, Middle and Lower.

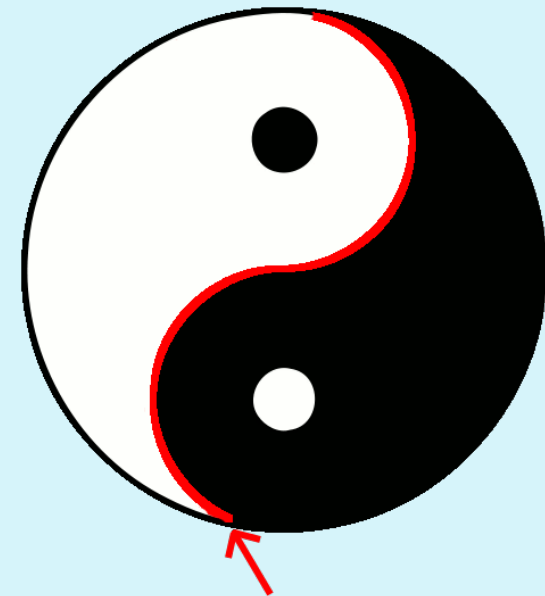
The Upper Tan Tien is in the Upper Brain (the crystal room, third ventricle). When it is full of energy, the capacity of the brain increases. It is the Upper Mind and is associated with observation. We store our spiritual intelligence, the mind here. All the Tan Tien have both yin and yang within them. In nature, the yin and yang are present in all things.

Day (yang) turns into the sunset, which turns to night (yin). It is very important to feel the qualities of yin within yang and yang with yin (sunrise/sunset). One quality does not exist without the other. They are inseparable qualities of the same force.

The Heart Center between the two nipples, is the Middle Tan Tien. It is the Middle Mind and is associated with consciousness. The heart is associated with fire and is the site of *original spirit* (Shen).

The abdominal region surrounding the navel is like an empty universe, or ocean. It is the Lower Tan Tien. It contains the Lower Mind and is associated with feeling and awareness. Within this universe or ocean, there is a fire, like a volcano under the ocean; *'fire under water'*.

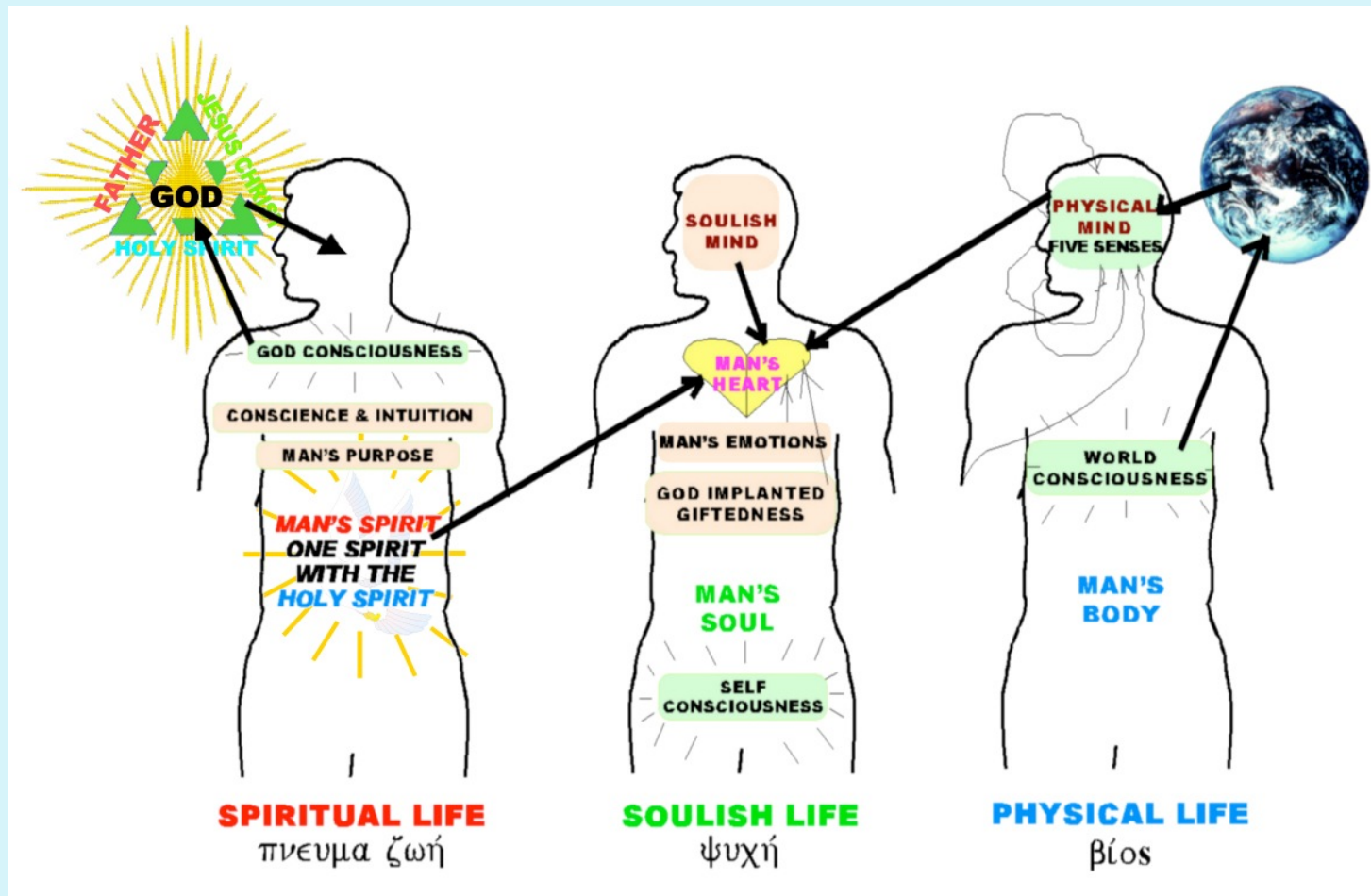
The Three Tan Tien refer to the three reservoirs and sources of energy within the body. The meridians are rivers of energy fed by these reservoirs. The goal of opening the Three Tan Tien is to continually fill and replenish the energy that is consumed and exchanged by the Three Minds and the rest of the body.



**The Middle Path**

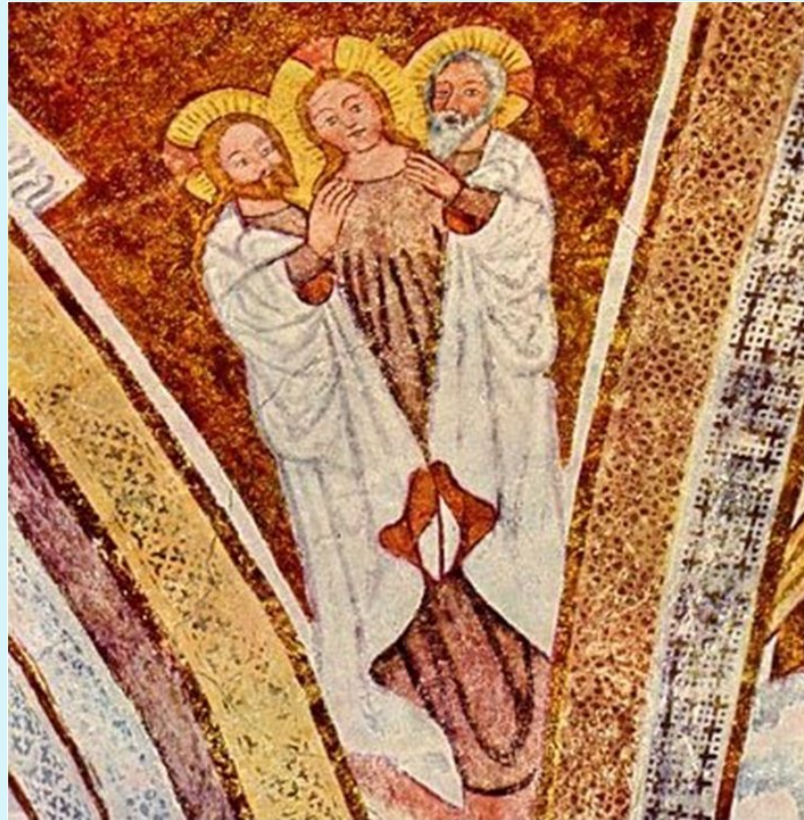
Head, Heart, Gut

# ONE BRAIN THREE MINDS



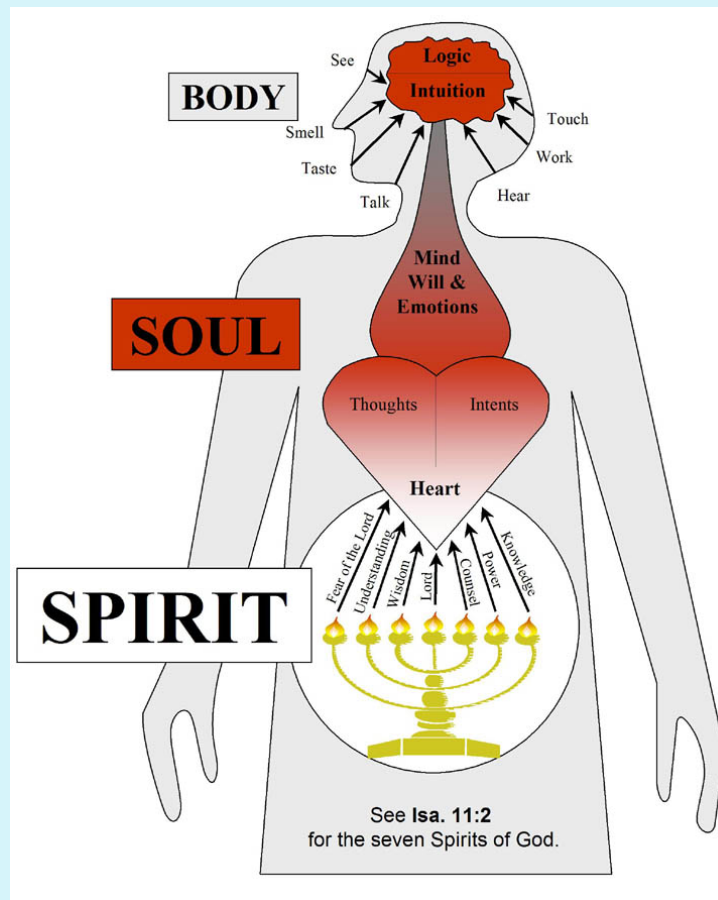
Christian Tradition

# ONE BRAIN THREE MINDS



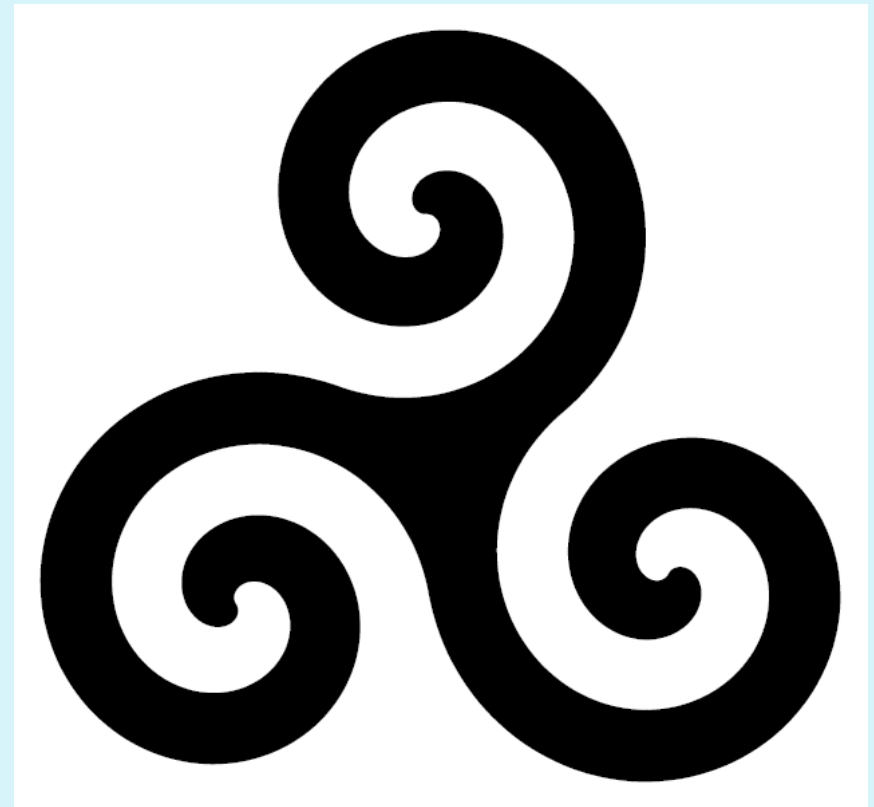
Christian Tradition Bavaria 12C (Urschalling)

# ONE BRAIN THREE MINDS



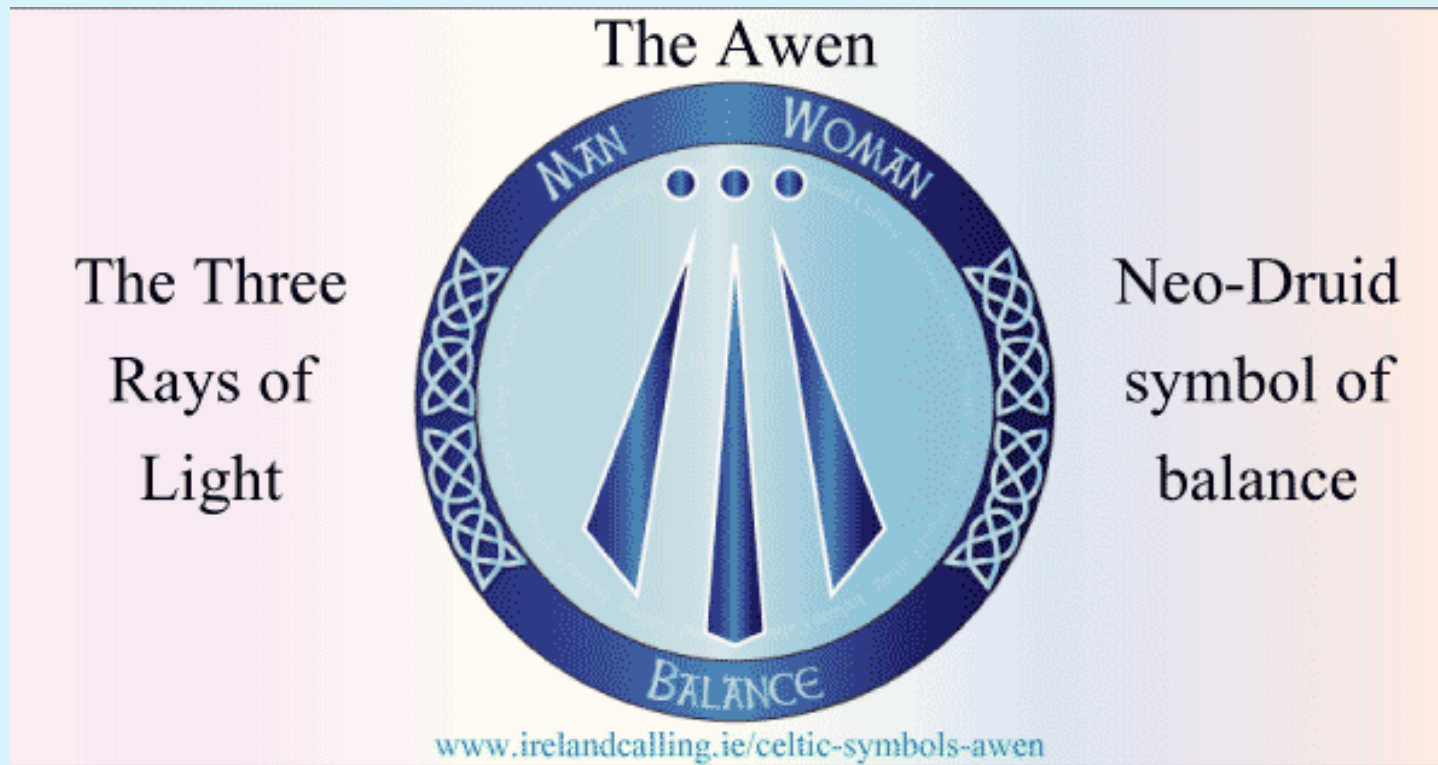
Hebrew/Islamic Traditions

# ONE BRAIN THREE MINDS



Celts

# ONE BRAIN THREE MINDS



Druids

# ONE BRAIN THREE MINDS



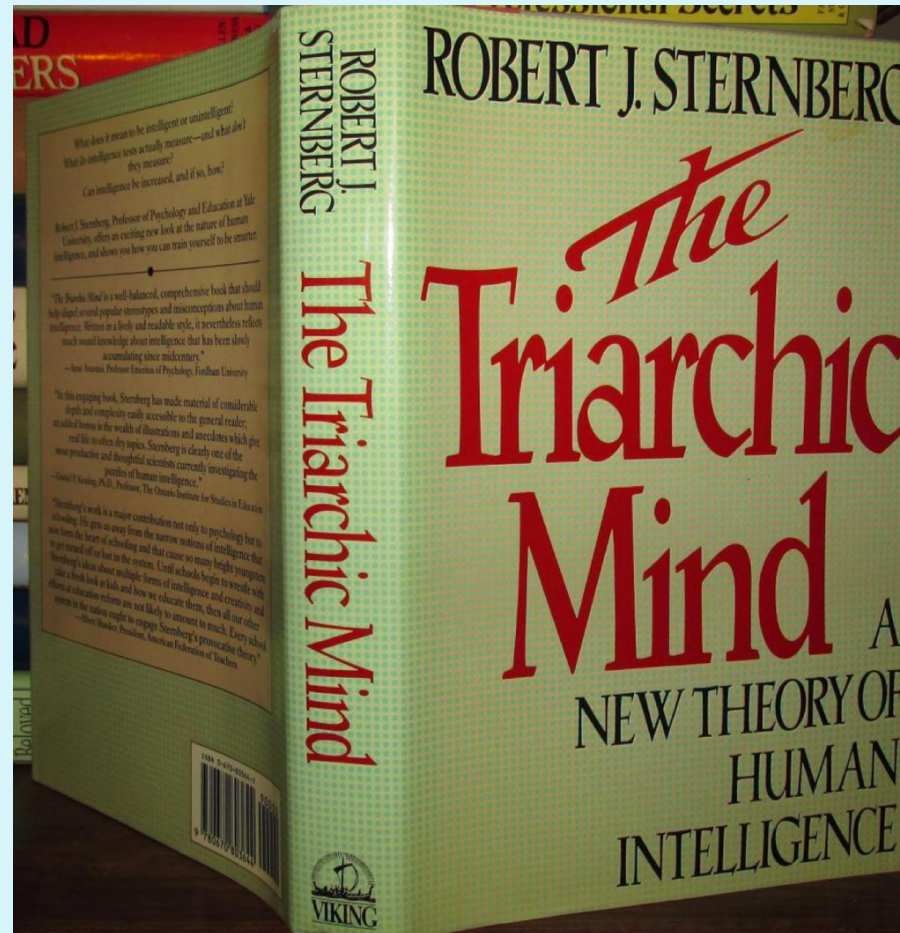
Vikings

# ONE BRAIN THREE MINDS



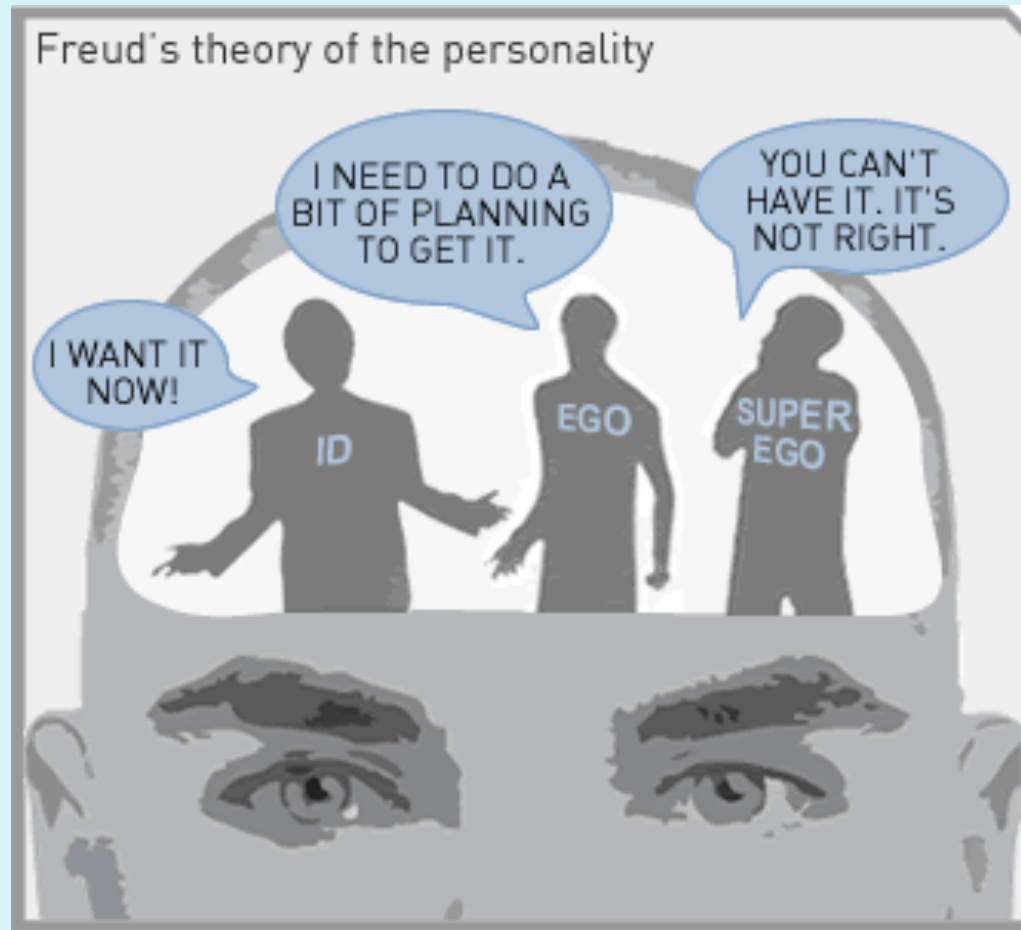
Hindus

# ONE BRAIN THREE MINDS



Human Intelligence

# ONE BRAIN THREE MINDS



Freud

# ONE BRAIN THREE MINDS

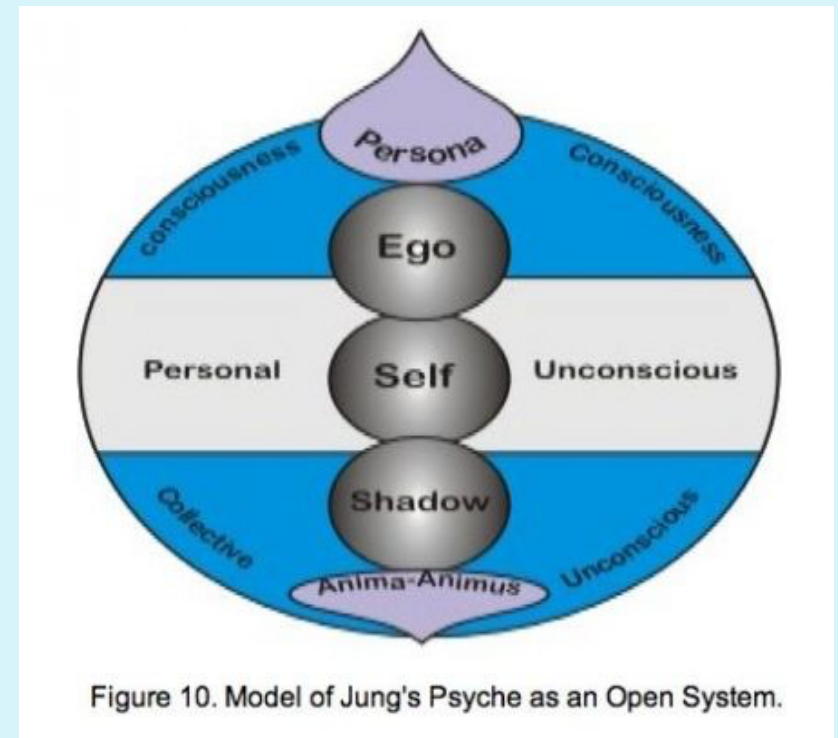
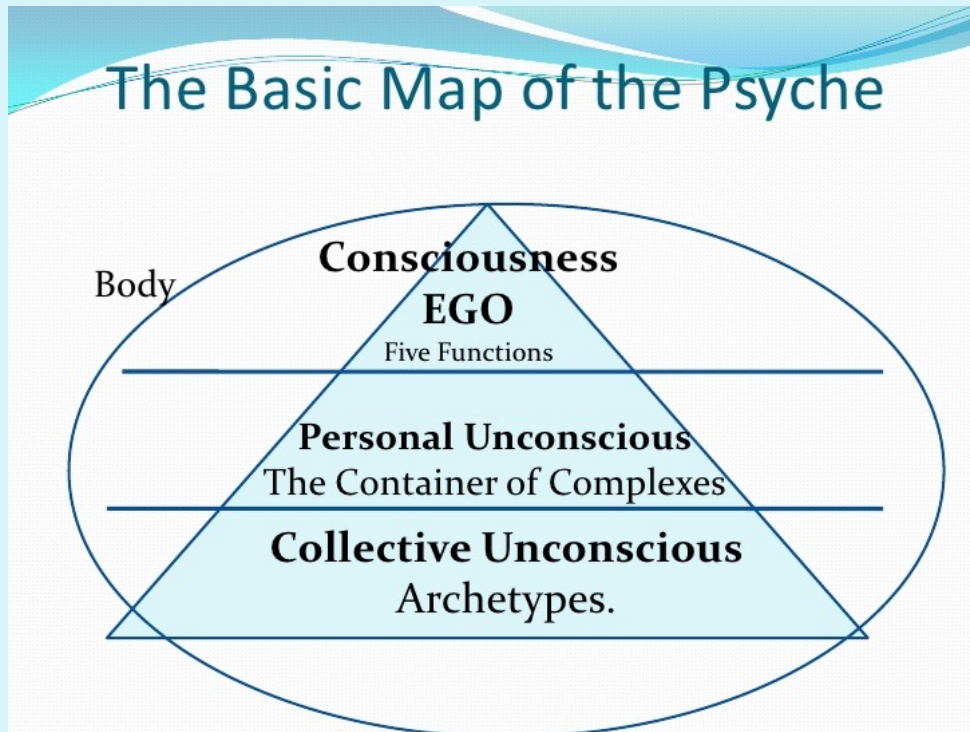
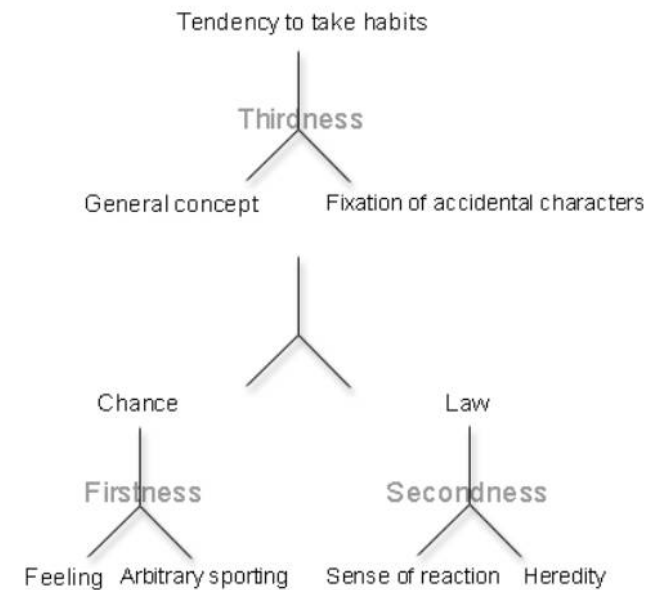
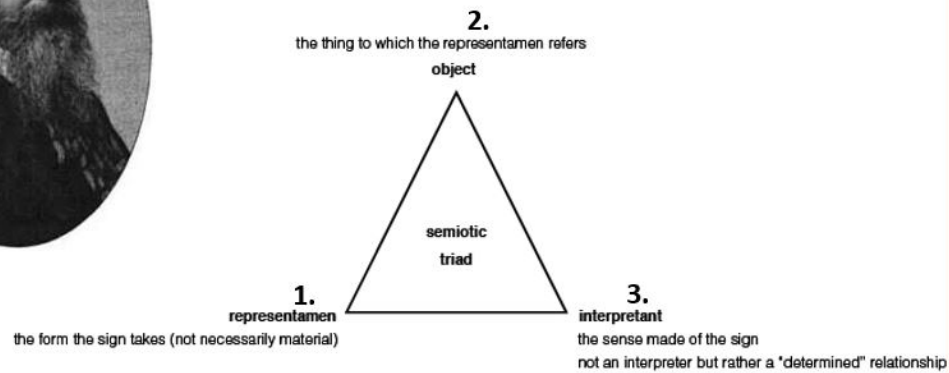


Figure 10. Model of Jung's Psyche as an Open System.

Jung

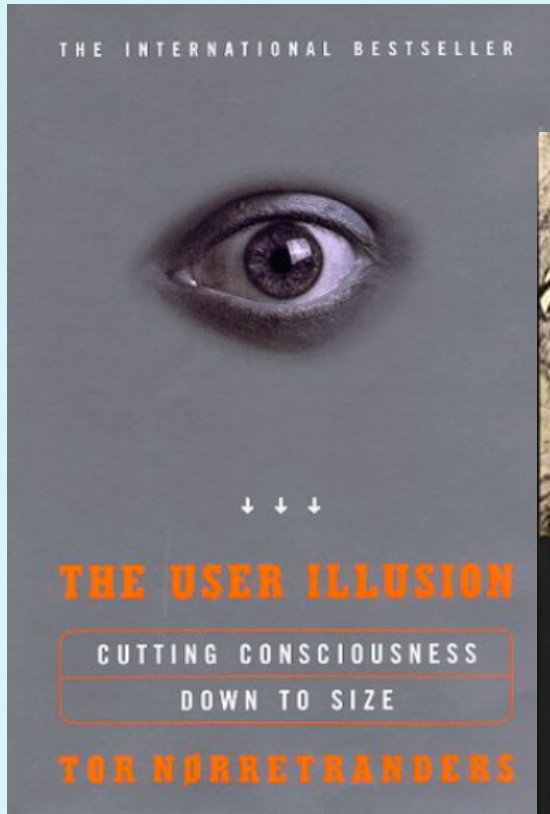
# ONE BRAIN THREE MINDS

## Charles Sander Peirce *'The Triad of Meaning'*

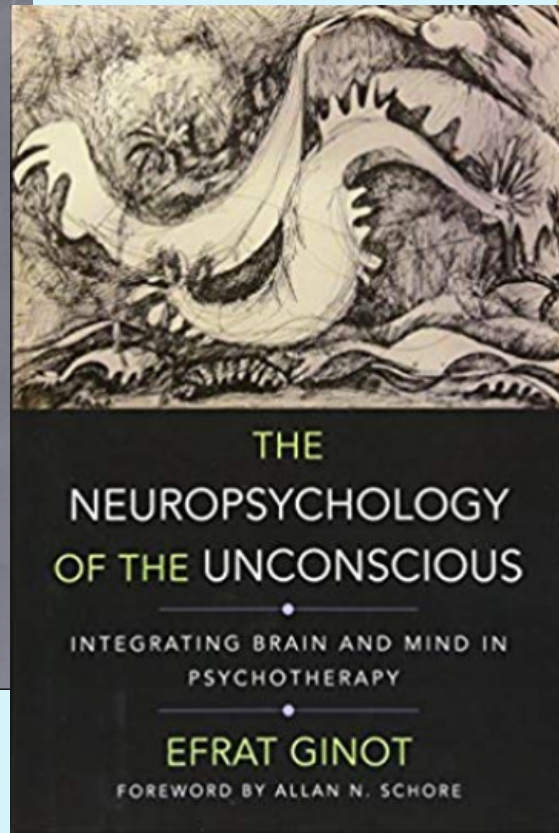


Pierce

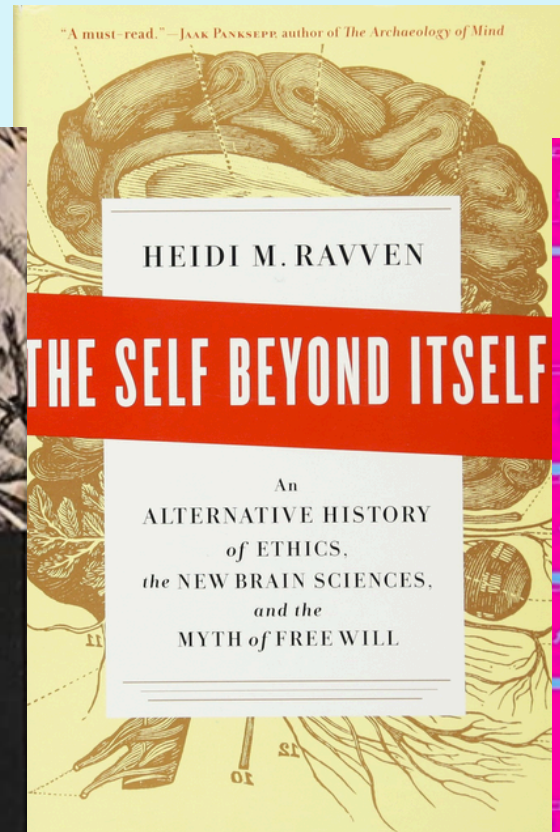
# ONE BRAIN THREE MINDS



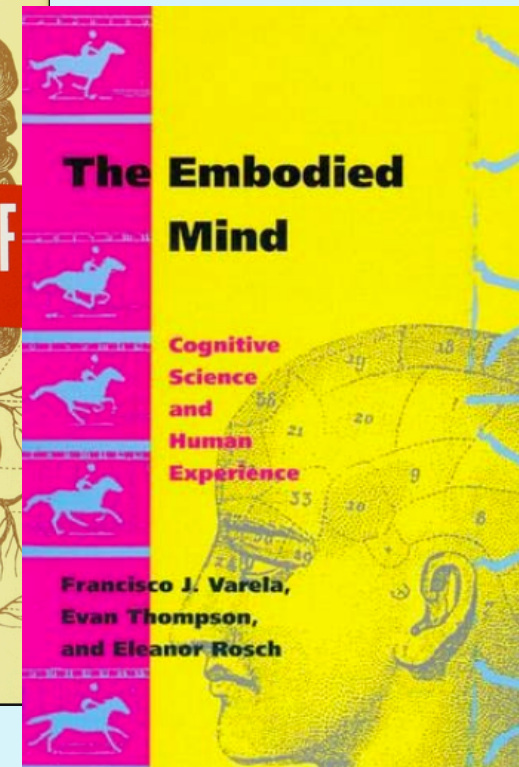
Norretranders



Ginot



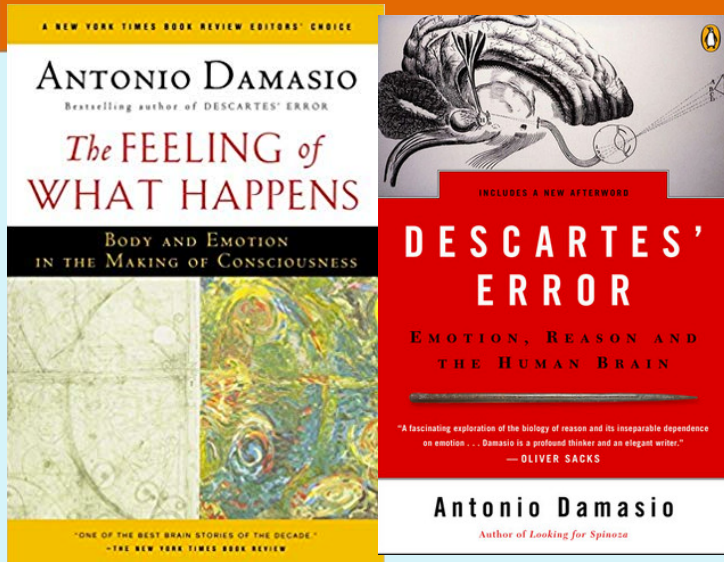
Ravven



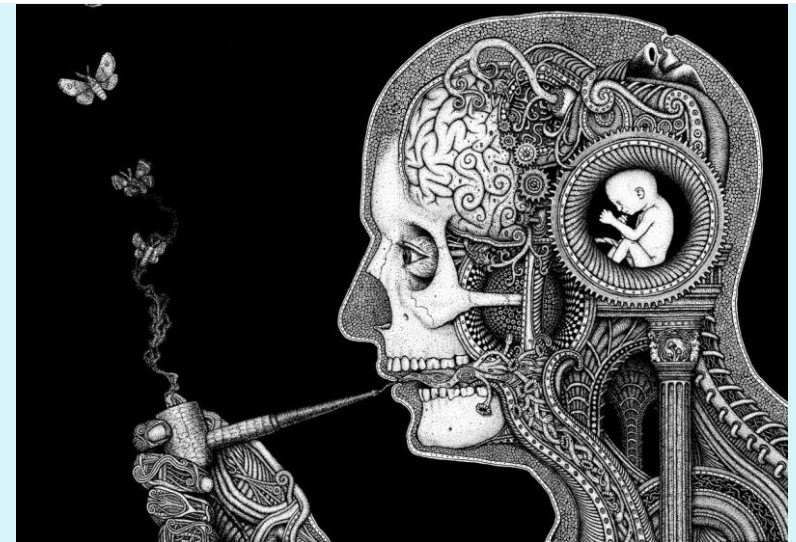
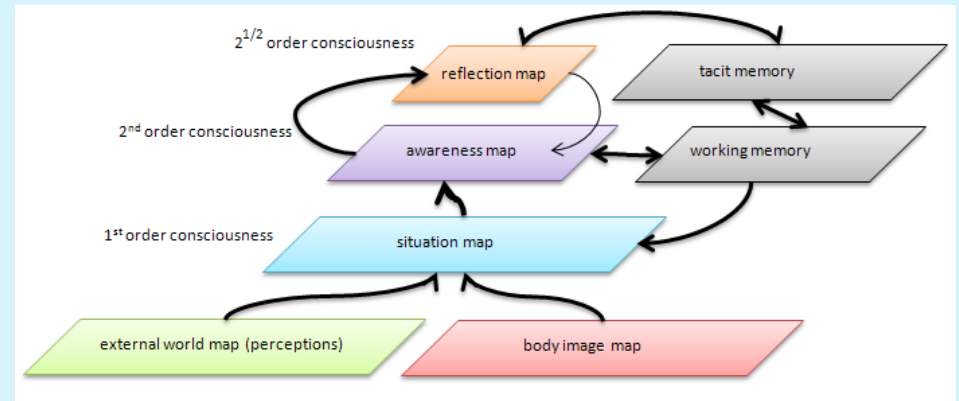
Varela et al

# ONE BRAIN THREE MINDS

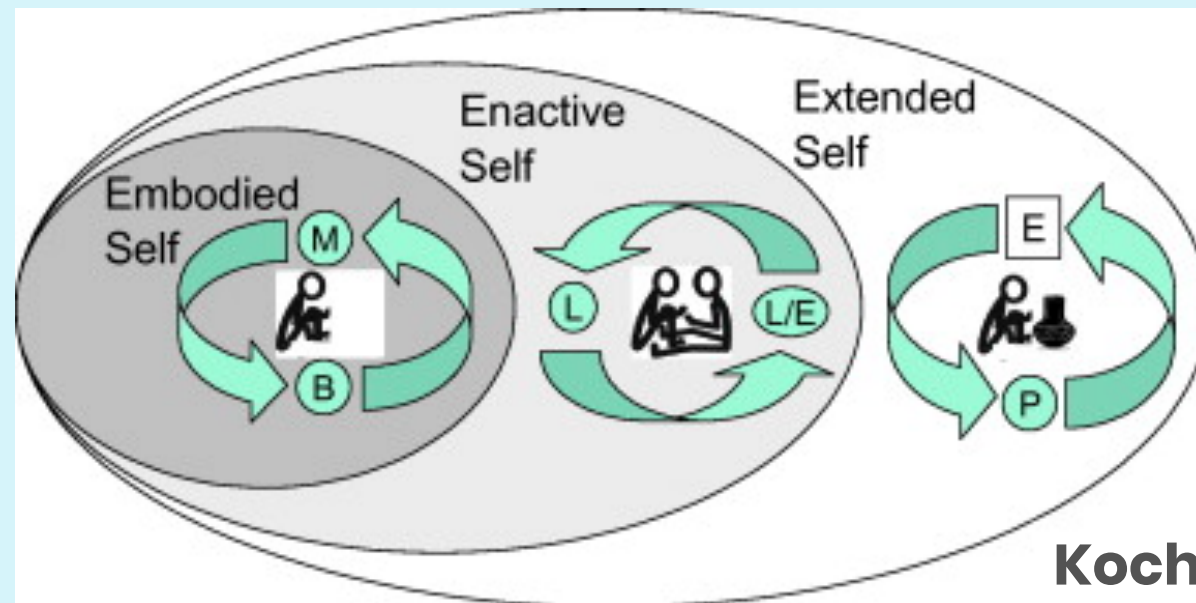
CONSCIOUSNESS	SELF	BODY/MIND	ORDER
Nonconsciousness	Proto-self	Emotions, and a feeling of the emotions	First-order neural pattern
Core consciousness	Core self	Conscious that one has the feeling	Second-order conscious pattern
Extended consciousness	Autobiographical self	Linguistically conscious	Third-order linguistic pattern



Damasio



# ONE BRAIN THREE MINDS

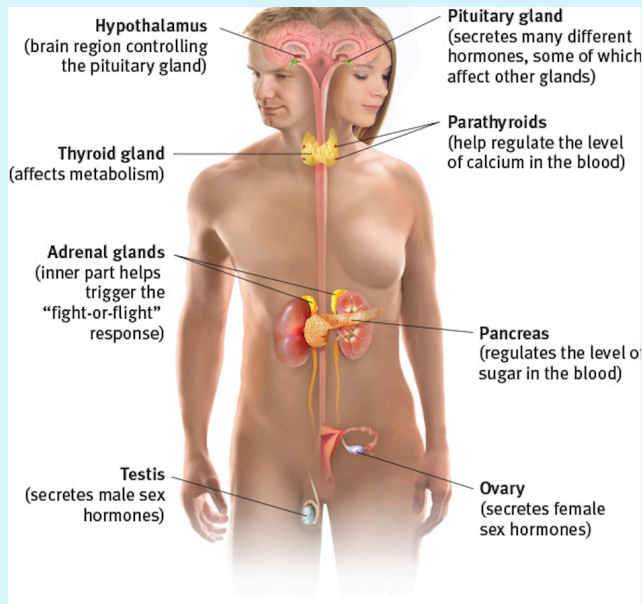


M=Mind  
B=Body

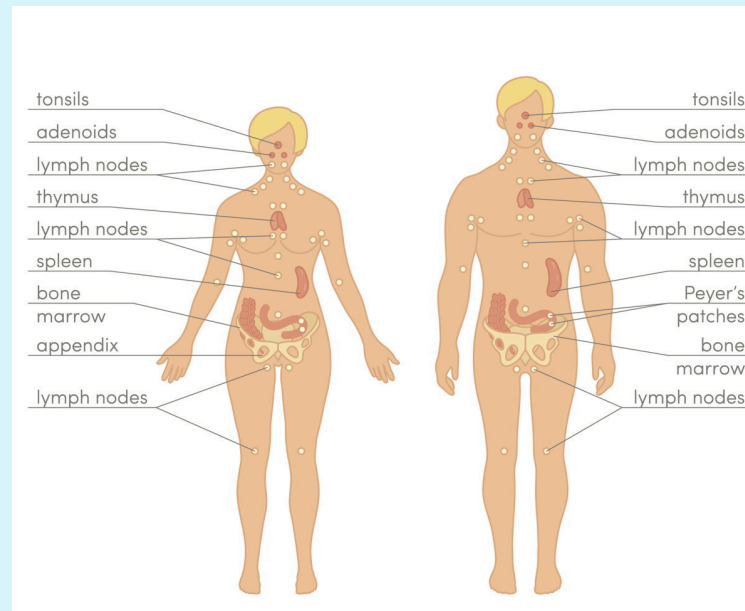
L= Life Form  
E = Environment

P=Personhood

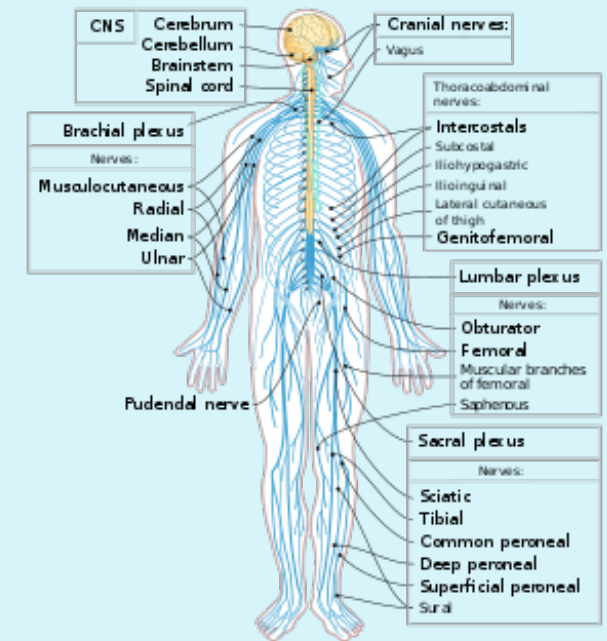
# ONE BRAIN THREE MINDS



Endocrine System  
Physical

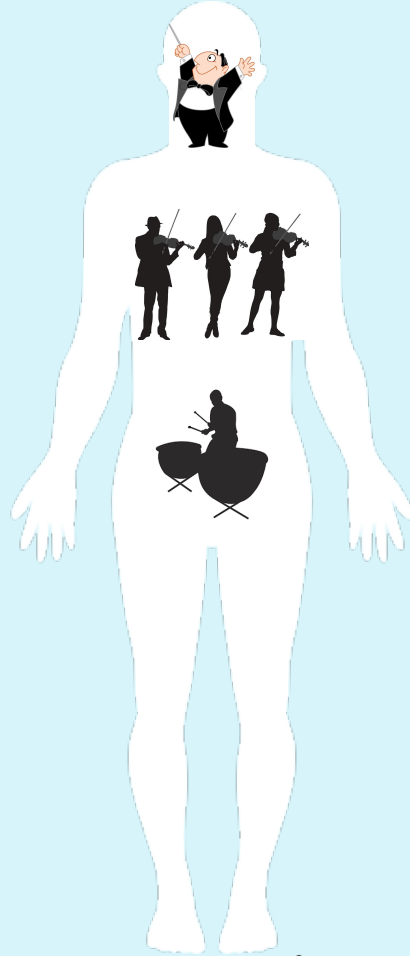


Immune System  
Chemical

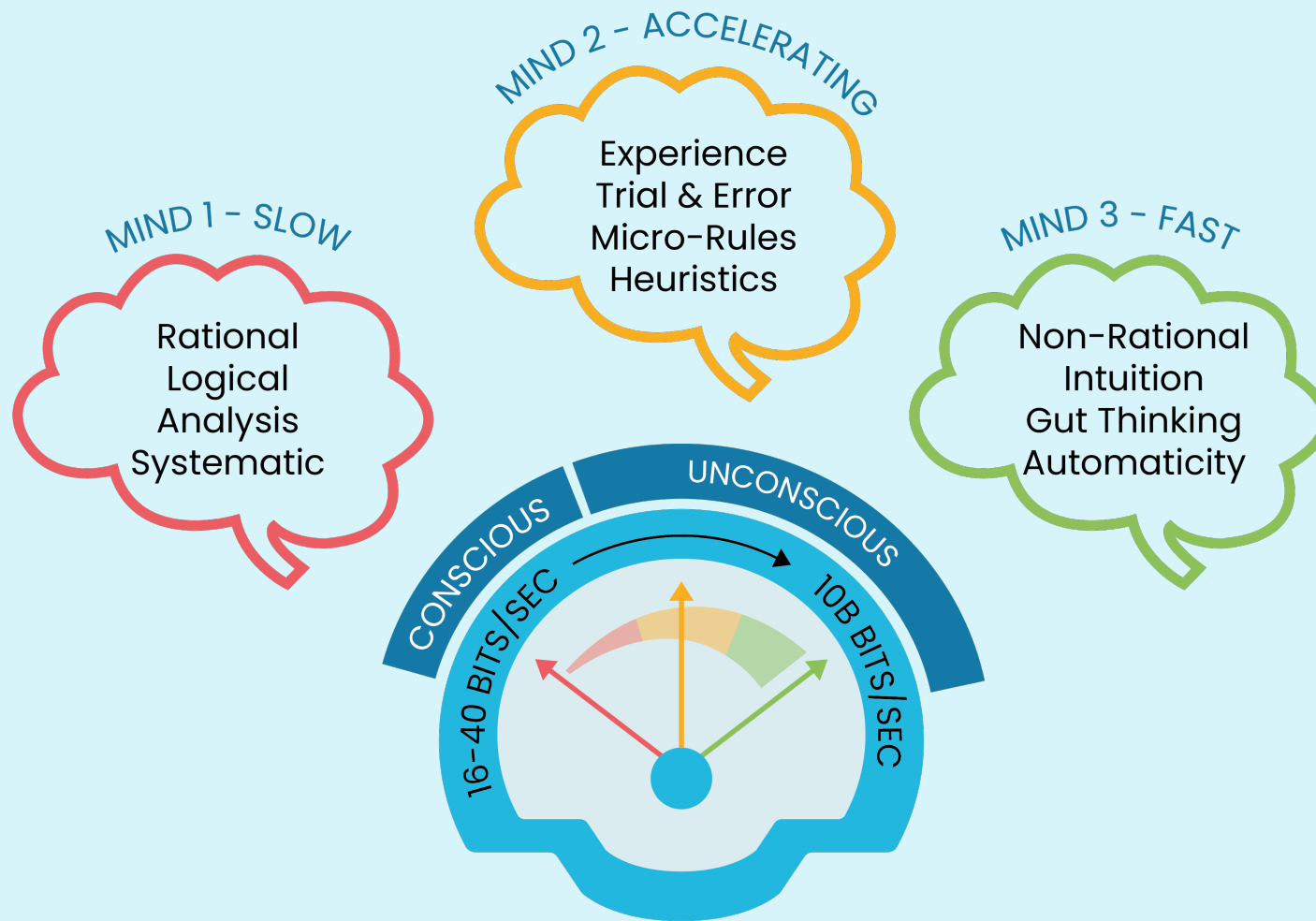


Nervous System  
Electrical

# ONE BRAIN THREE MINDS






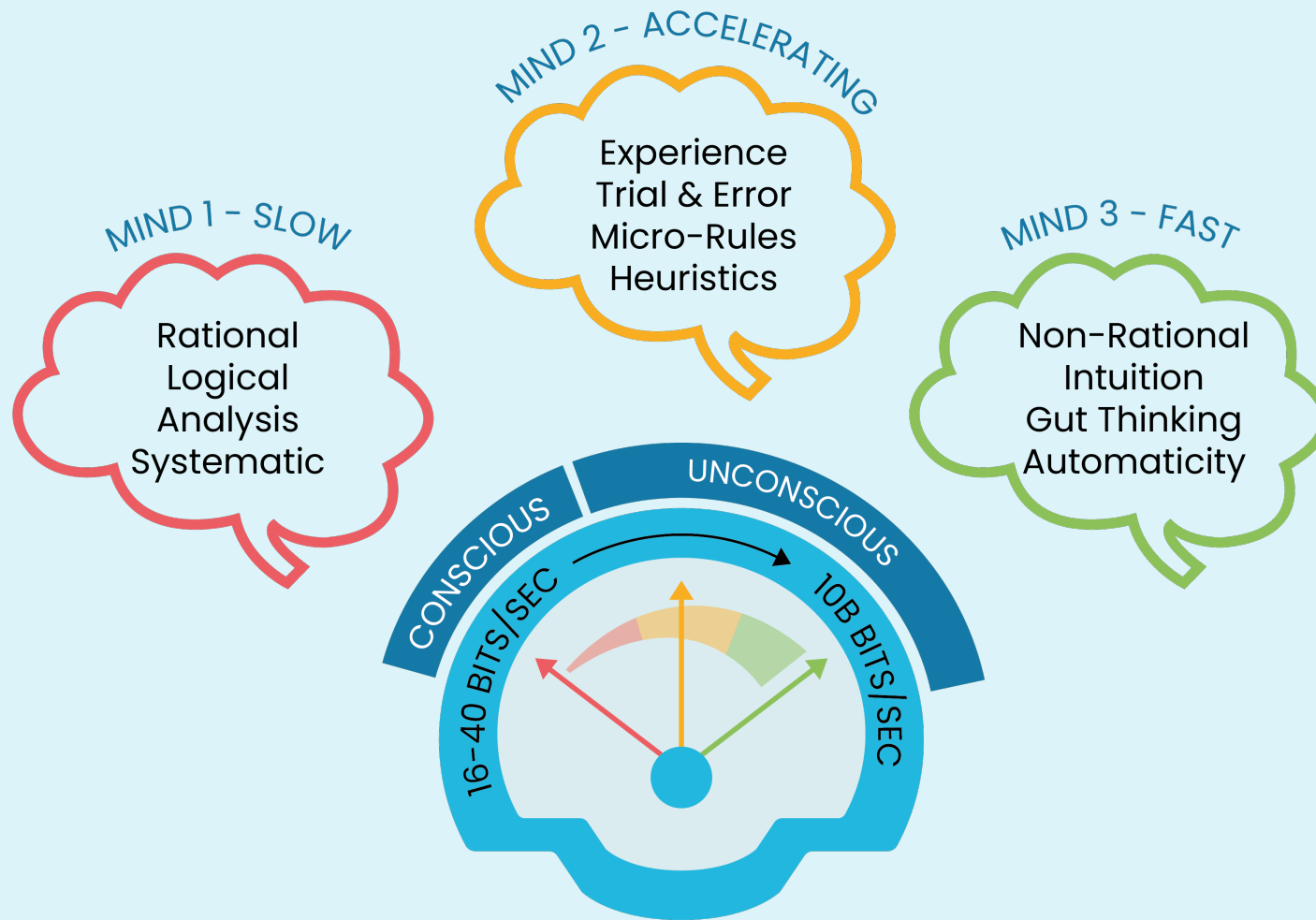
‘The brain does not issue commands, it hosts conversations’ – Claxton

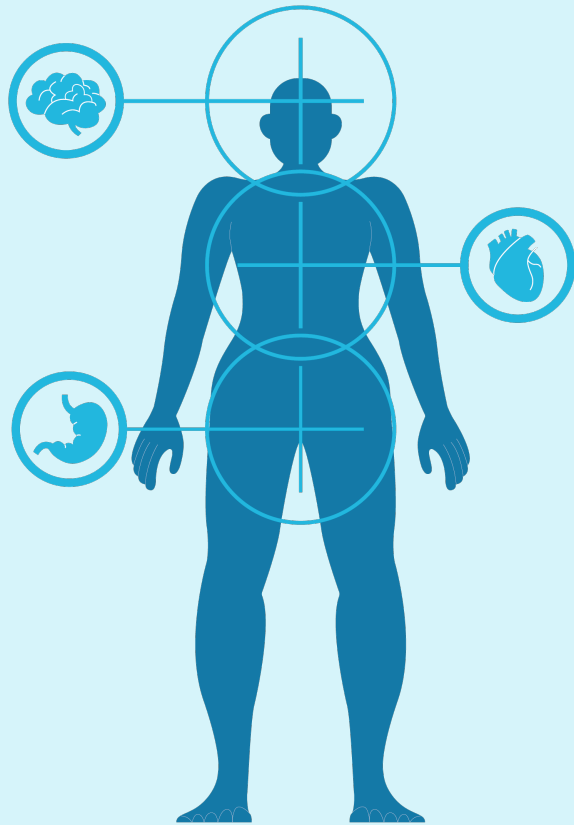


ONE BRAIN THREE MINDS

# ONE BRAIN THREE MINDS

CONSCIOUSNESS	SELF	BODY/MIND	ORDER
Nonconsciousness  MIND 3 - FAST	Proto-self	Emotions, and a feeling of the emotions	First-order neural pattern
Core consciousness  MIND 2 - ACCELERATING	Core self	Conscious that one has the feeling	Second-order conscious pattern
Extended consciousness  MIND 1 - SLOW	Autobiographical self	Linguistically conscious	Third-order linguistic pattern





ONE BRAIN THREE MINDS

ONE PERSON

THREE CENTRES OF BEING/THINKING

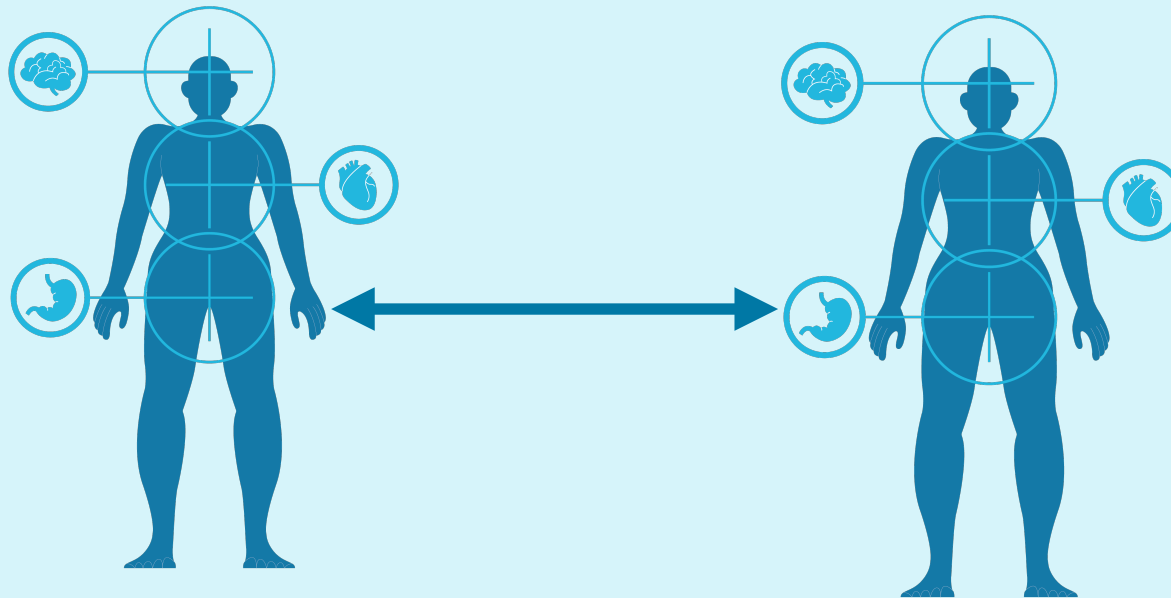
So what?

What does that mean for me?



# We LEARN and MEET with emotions and feelings

e-motions    feelings    knowing



# How to meet the other (iCue listening)



## **SUSPEND AGENDA**

Not thinking of what to say next.



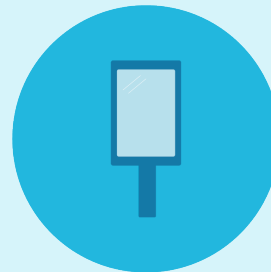
## **PRIMING**

What precedes making what follows 'stick'?



## **PITCHING**

Levels so the message can be 'caught'.



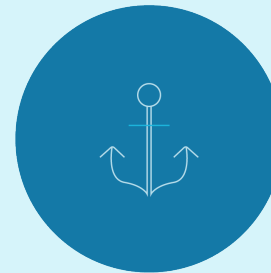
## **MIRRORING**

Replicating look, text, word, symbols.



## **FRAMING**

What is in the frame?  
And Re-Frame!



## **ANCHORING**

Making the message 'hold'.

# iCue Listening Basics

- You don't have to solve or fix anything, or save any lives
- There doesn't have to be an outcome or purpose
- Your purpose is to engage, allow the other to speak and chase gifts

## Questions to consider

- Where would you like to start?
- How would you like to begin?
- Step me through
- Walk me through
- Tell me about
- Tell me more
- Would you like/care to explain more about
- What are you or have you thinking/thought about?
- What's your plan forward?

