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SWU 250

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Critical Thinking Questions Chapters 2,3 & 4 Tools for Mindful Living

1. Explain each of the 4 steps involved in the MAC Model and provide an example for each of the steps. Please use complete sentences

· First step: empathic acknowledgement of experience.

Empathic acknowledgement is the ability to empathize with others. We not only feel subjectively, but also objectively. Understanding the feelings of others helps us gain more understanding. We become less subjective and understand others.

For example, when a friend accidentally broke one of my cameras. This camera is very important to me. It is an eighteen-year-old coming-of-age gift from my mother. I often use it and have good memories. My friend was at a loss and said that he would compensate me. I quickly forgave my friend, because I have already felt that he was very upset. We collected the debris from the camera and planned to go to the repair shop together to see if it could be repaired. When my friend saw that I didn't seem to blame him, he relaxed a lot.

· Secondstep:intentional use of attention

Paying intentional attention allows us to communicate with our own intuition (inner voice) and follow our inner thoughts. When I was in high school, my classmates were not too keen on learning, they were always more keen on video games. On the eve of an exam, they still invited me to play video games with them. At the invitation of everyone, I hesitated whether to stop reviewing and join their games. However, there is always a voice in my mind that I want to continue reviewing. This voice prevents me from playing games wholeheartedly. I always feel that something is not done. So after I started the game for ten minutes, I quit the game decisively and started to review the exam seriously.

· Thirdstep:acceptance of experience without judgment

Without judgmental acceptance can eliminate our prejudice against people who hate or hate. If we always think that this person is vicious, even if she acts kindly, we will think that she has ulterior motives. During my high school career, I kind of hated my chemistry teacher because he was a very mean person and always embarrassed me. He likes to comment on my grades in front of classmates. Therefore, I never like to deal with him. Once he stopped me and I thought he was going to criticize me again, but he saw that my shoelaces were loose. Later, I carefully recalled that his meanness to me might not be mean. He thought that I could work hard to improve my performance, but chose a bad way of expression.

· Choose how you show up for your experience

Choose how you show up, consciously making choices will produce changes. When we consciously do something and in a "respond" way, comparing the original self and the current self, you can find a change in yourself. This change is a kind of growth brought about by the influence of more things. In high school, I was a person who couldn't control my temper. I often quarreled with my parents over trivial matters. But when I came to a foreign country to study, I can appreciate the care and love my parents have for me. Gradually, I stopped arguing with my parents and explored together for better solutions.

2. What happens in the body physically and psychologically (emotions) when it is in sympathetic vs parasympathetic. Please be detailed and use complete sentences. Chapter 4 talks about 3 different types of breath work - what was your favorite and why? Please use complete sentences.

The sympathetic nervous system controls our "fight or flight", and when we face difficulties, it responds to stress, increasing heart rate, and hormone releases. At the same time, it will allow us to reduce the immune and digestive system.

The parasympathetic nervous system regulating rest and digestion to counters the SNS. This allows us to make sure that the digestive and immune systems work properly.

My favorite breathing exercise is the Ocean Breath. This way of breathing makes me feel calm. By extending each breathing cycle, I feel a deeper and more saturated breathing. And I find this way of breathing very interesting, I can control my throat to achieve the effect I want.