CHANGE &

FEAR

PREDICTIVE PROCESSING

IXD2020

SHAY BENISH

01 / Observation

Fear detector

5min

02 / Exploration

Time travel to the past

10min

03 / Optimization

WBMS matrix
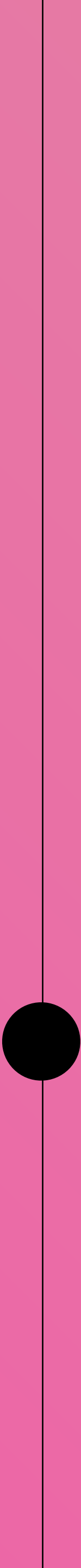
15min
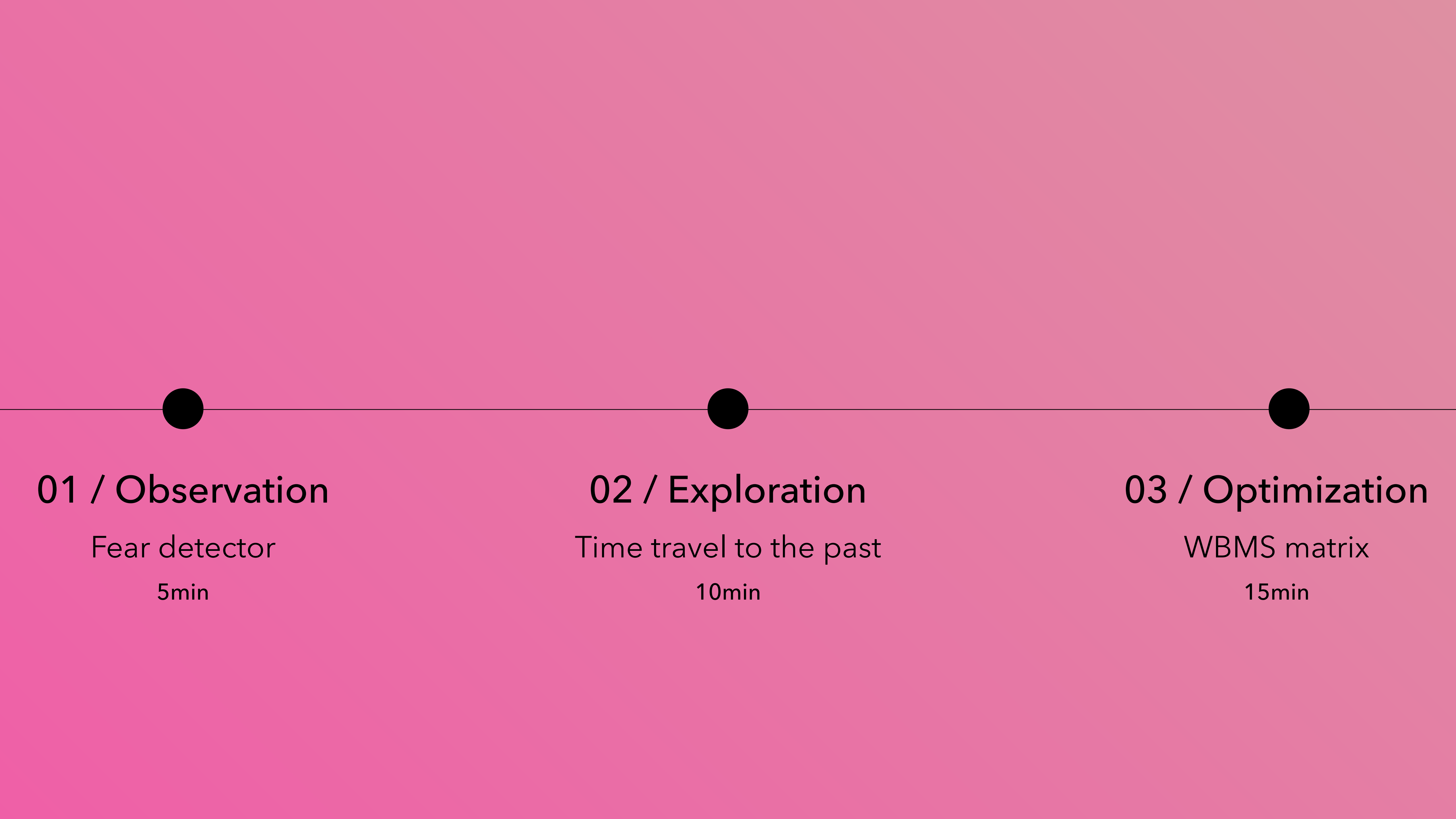
Predictive Processing understands the brain as a prediction-action machine that tries to minimize error in its predictions about the world. It is a theory that sees **the brain essentially as a device for anticipating the upcoming sensory states of the organism.** Arguably predictive processing is one of the most basic functions of neural computations with prediction errors driving brain processes and behavior

Predictive processing is what drives our brain crazy when we are facing uncertainty, and trying to make sense of change. **It is what makes us suffer when our expectations aren't matching reality and fear hold us back from taking a leap**
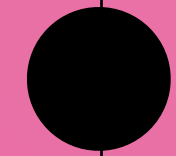
01 / Observation

01.1 / Distorted reality - Personal reflection

- What scares you the most about the future?
- When was the last time you stopped yourself from doing something because you were too scared to embrace change?
- When was the last time you told yourself a story about yourself that later on proved as not true?
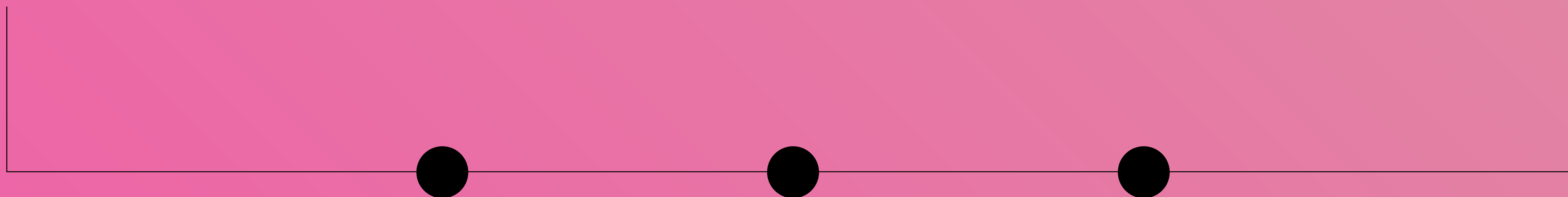- What created this story in your mind in a first place?
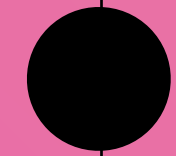
5min

02 / Exploration

02.1 / Time Travel to the past - Personal reflection

Write down 3 events in your life that changed you

- What did you learn about yourself from these events?
- What did you learn about the world from these events?
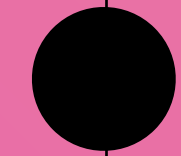- How did you change after these events?

5min

02 / Exploration

02.2 / Picture from the future

- Imagine yourself in 10 years from now, and try to capture your thoughts, feelings, and what is around you at that moment
- Write yourself a short note on what you're most proud of, what makes you happy, and what your'e wishing to continue doing for keeping a healthy state of mind
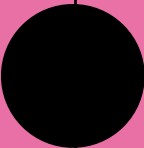
5min

03 / Optimization

03.1 / Navigating uncertainty - Personal reflection

- What role uncertainty plays in your life and how it directs your happiness?
- What are you doing for creating balance and awareness in your daily life?
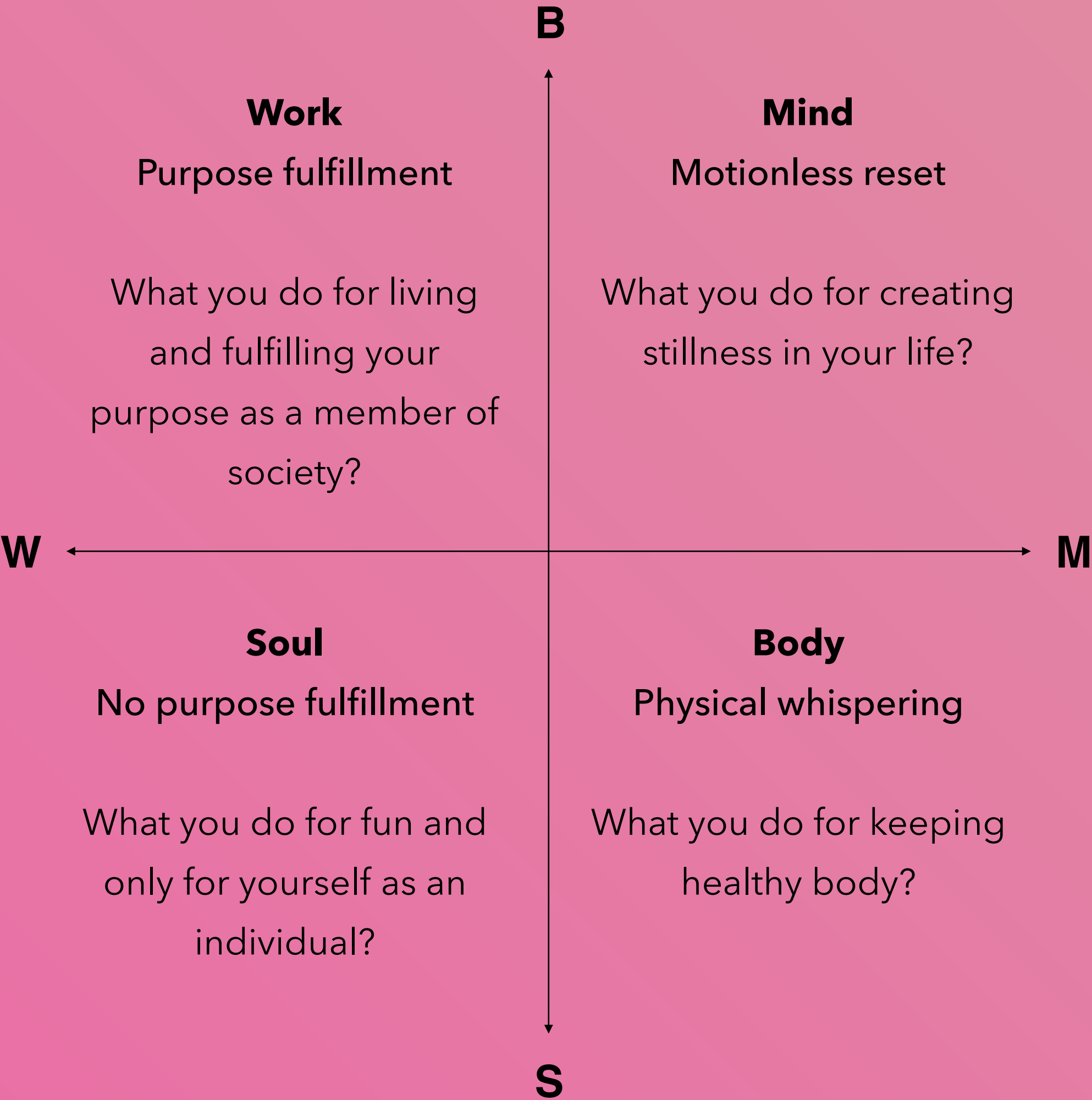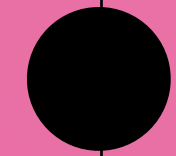
5min

03 / Optimization

03.2 / WMBS matrix

5min

B

Work
Purpose fulfillment

What you do for living
and fulfilling your
purpose as a member of
society?

Mind
Motionless reset

What you do for creating
stillness in your life?

W ←—————————————|—————————————→ **M**

Soul
No purpose fulfillment

What you do for fun and
only for yourself as an
individual?

Body
Physical whispering

What you do for keeping
healthy body?

S

03 / Optimization

03.3 / Self optimization - Personal reflection

- What will be the first step you will make towards creating a balanced way of being?
- What distorted reality you need to let go of in order to create the right balance and foster your wellbeing?
- Write 1 ground rule for yourself to remember whenever your brain start to make unnecessary predictions

5min

THANK YOU. X

shay@shaybenish.co

WhatsApp / +46 76 256 17 36