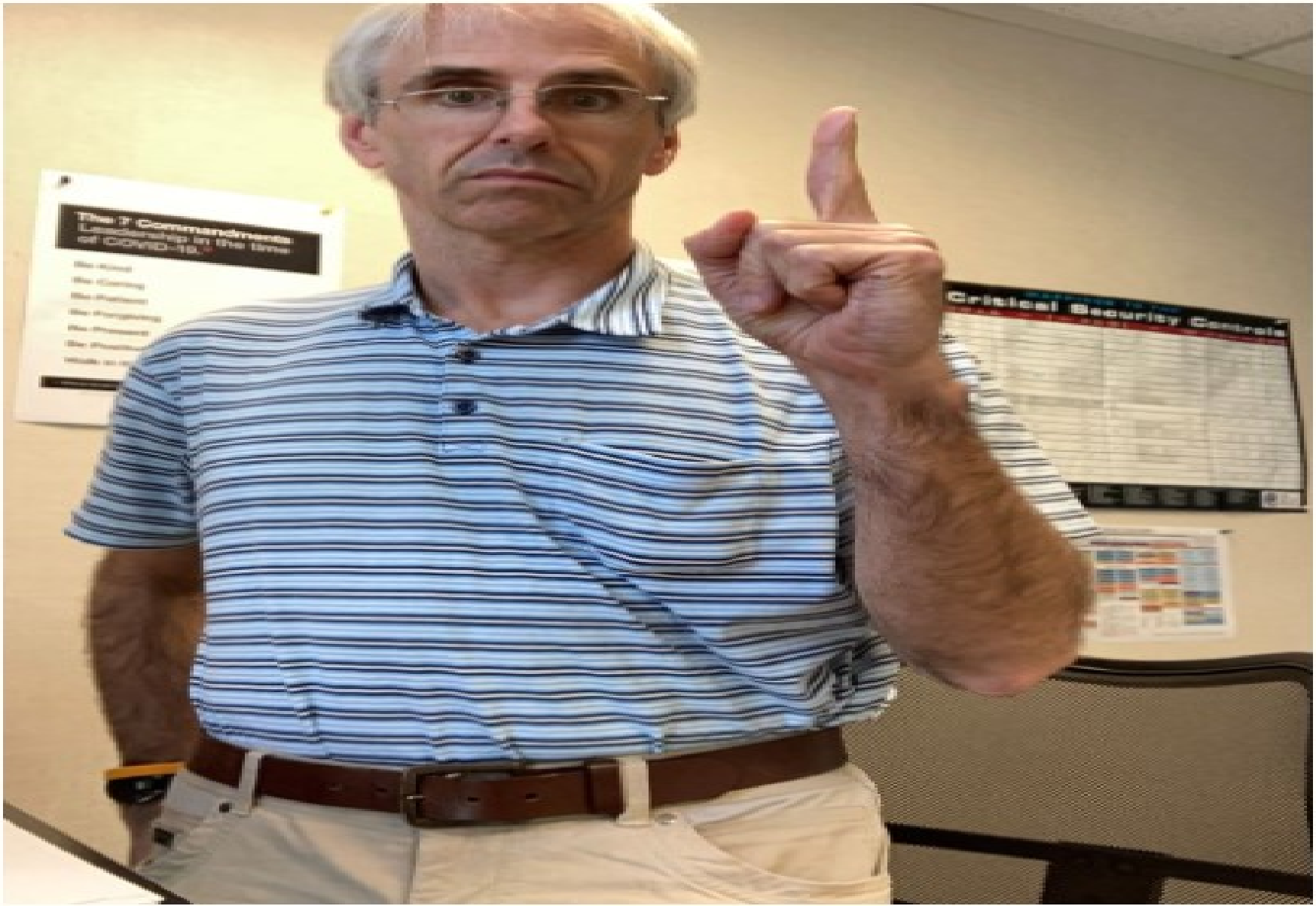
Courage, Curiosity, and Connection: Adjusting Your Default Settings

Jack Pringle, CIPP-US

Technology Lawyer and Information Privacy Professional at Adams and Reese...

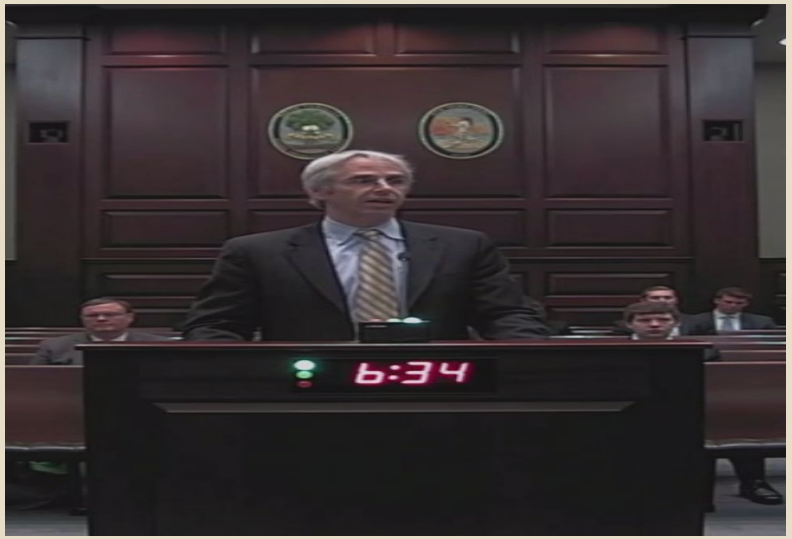
1mo •

I am proud to announce that once again this year, I have named myself the MBL ("Most Ballinest Lawyer"- h/t to Jermaine Dupri) in this particular office. (And by "office," I mean this roughly 10' by 10' room).

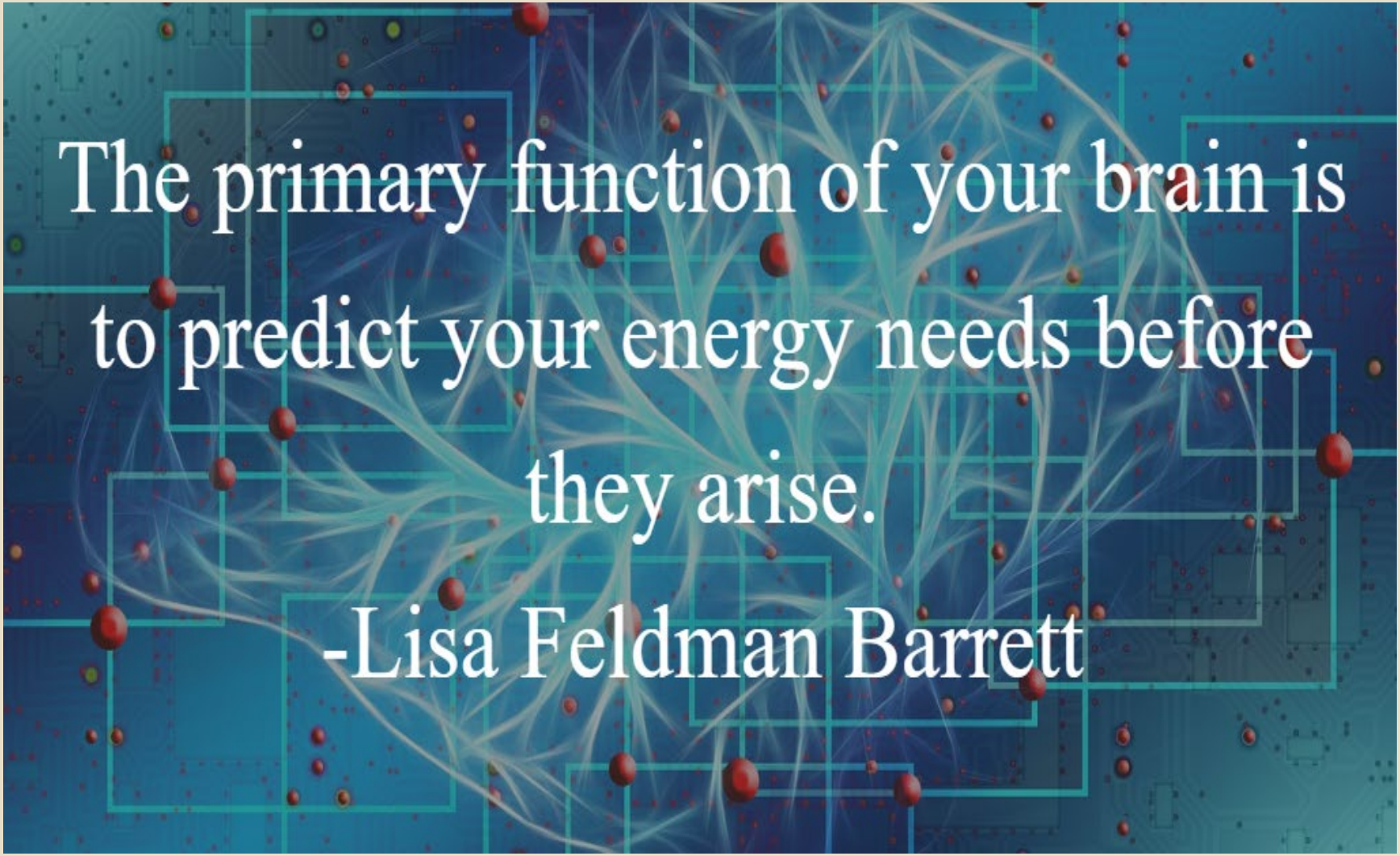


What’s Lacking?

Or Is It These?

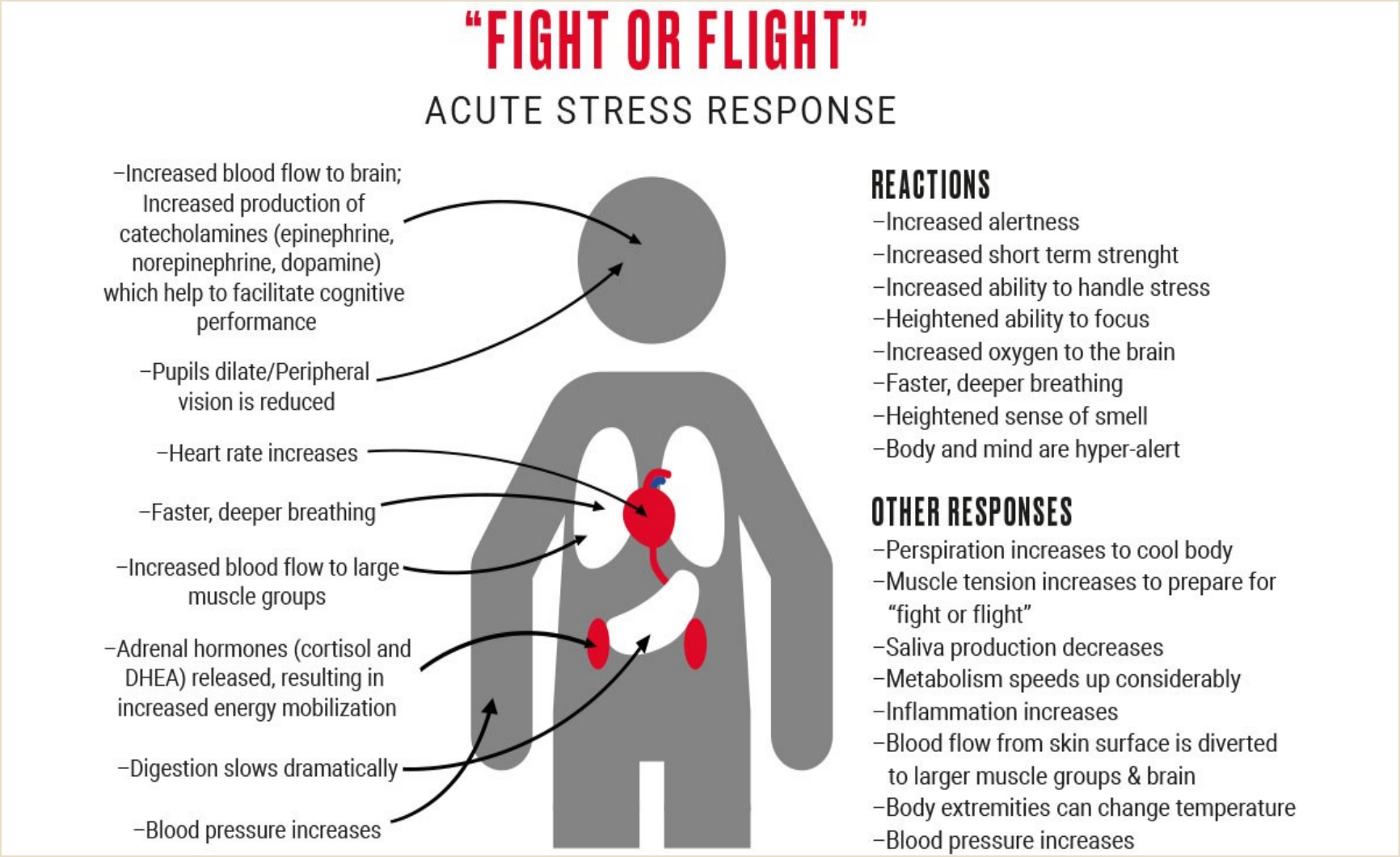


Your Brain is Not For Thinking



The Brain is by Default a Prediction Machine

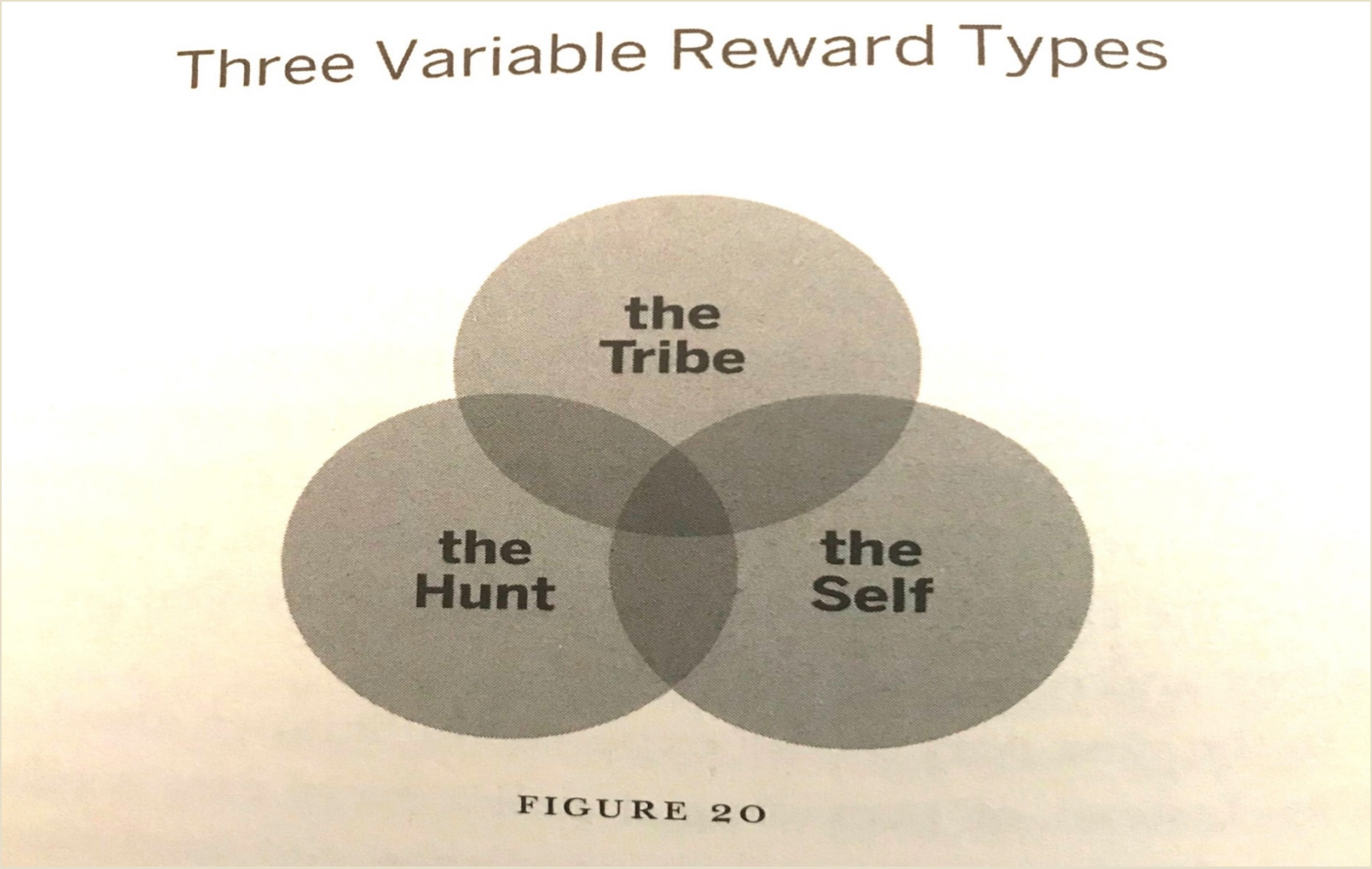
https://www.polar.com/blog/recovery-from-exercise/



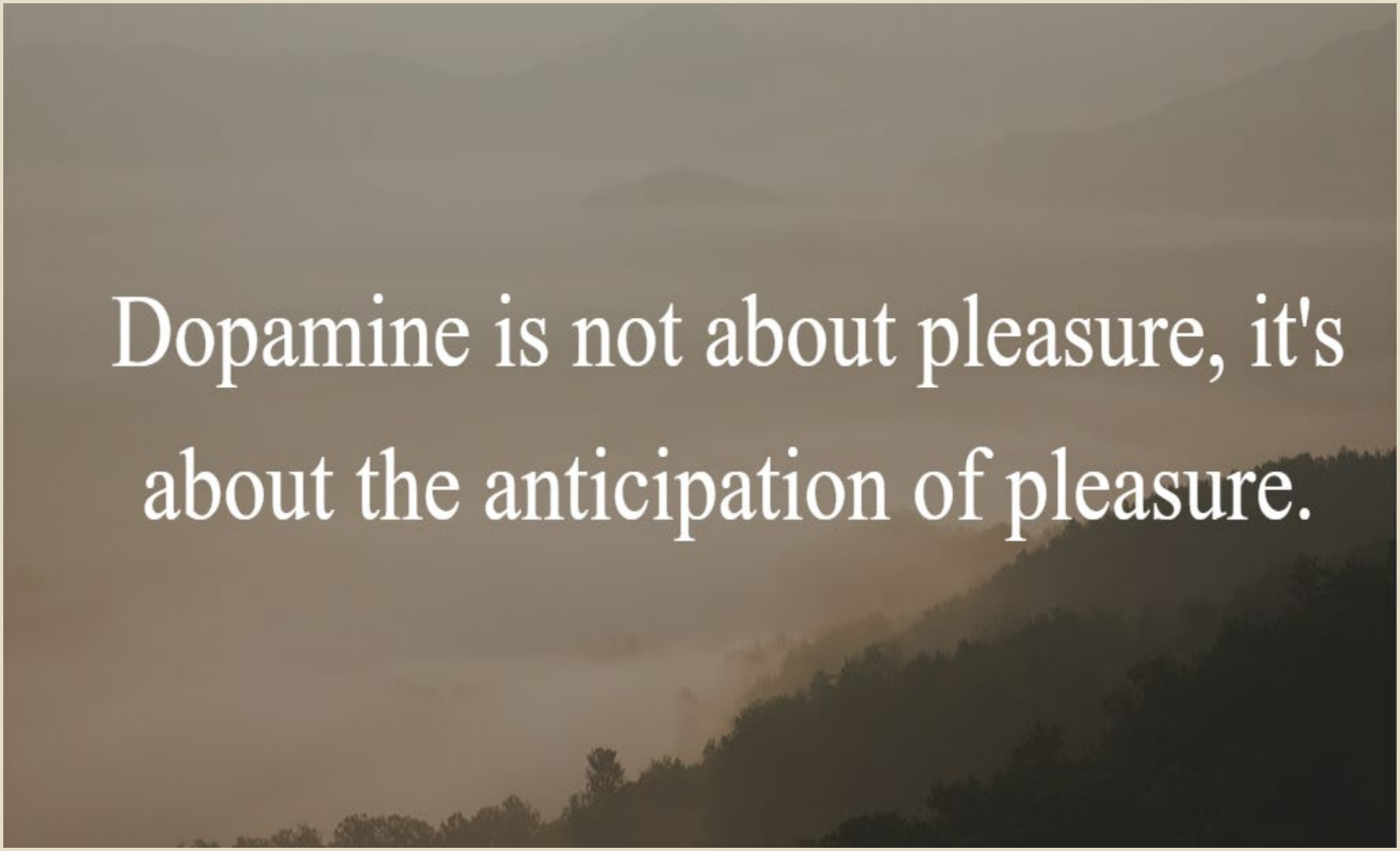
The Brain Predicts Based on Scarcity

Scarcity and Fear

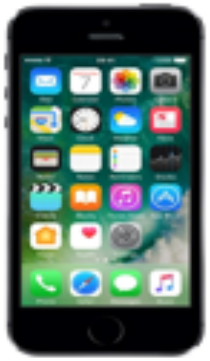
It’s To Keep Us Searching



And We Can’t Get Enough …

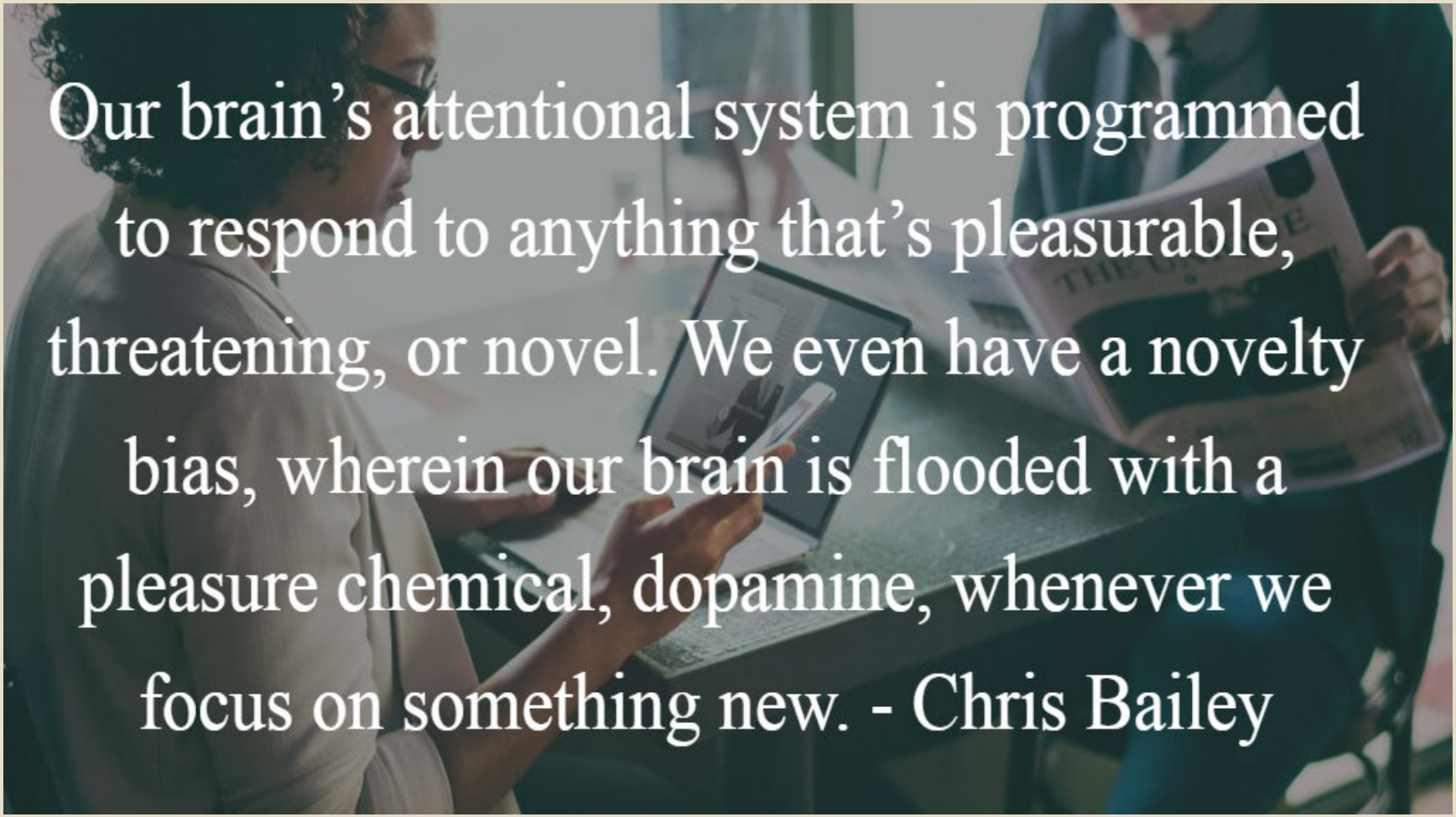


Sometimes We are the Tool



tinder

Default


Our brain's attentional system is programmed to respond to anything that's pleasurable, threatening, or novel. We even have a novelty bias, wherein our brain is flooded with a pleasure chemical, dopamine, whenever we focus on something new. - Chris Bailey

Another Default

From: Gif Thornton <gif.thornton@arlaw.us>
Date: Friday, October 14, 2016 at 2:52 PM
To: Jack Pringle <jack.pringle@arlaw.com>
Subject: Wire Transfer (Needs Quick Attention)

Jack,
Process a wire of $6,000,000 to the attached wiring instructions.

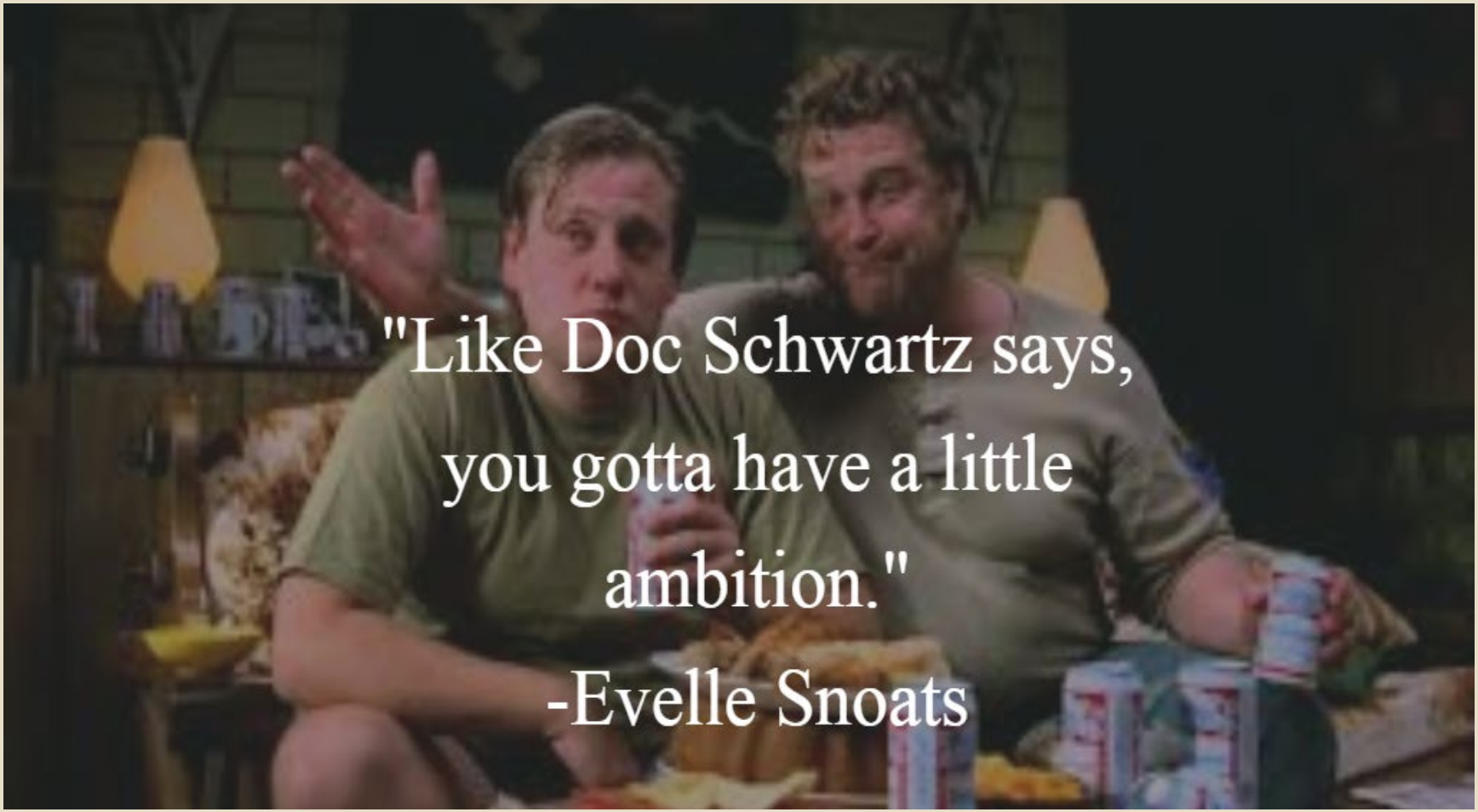
Let me know when this is completed.

Thanks,

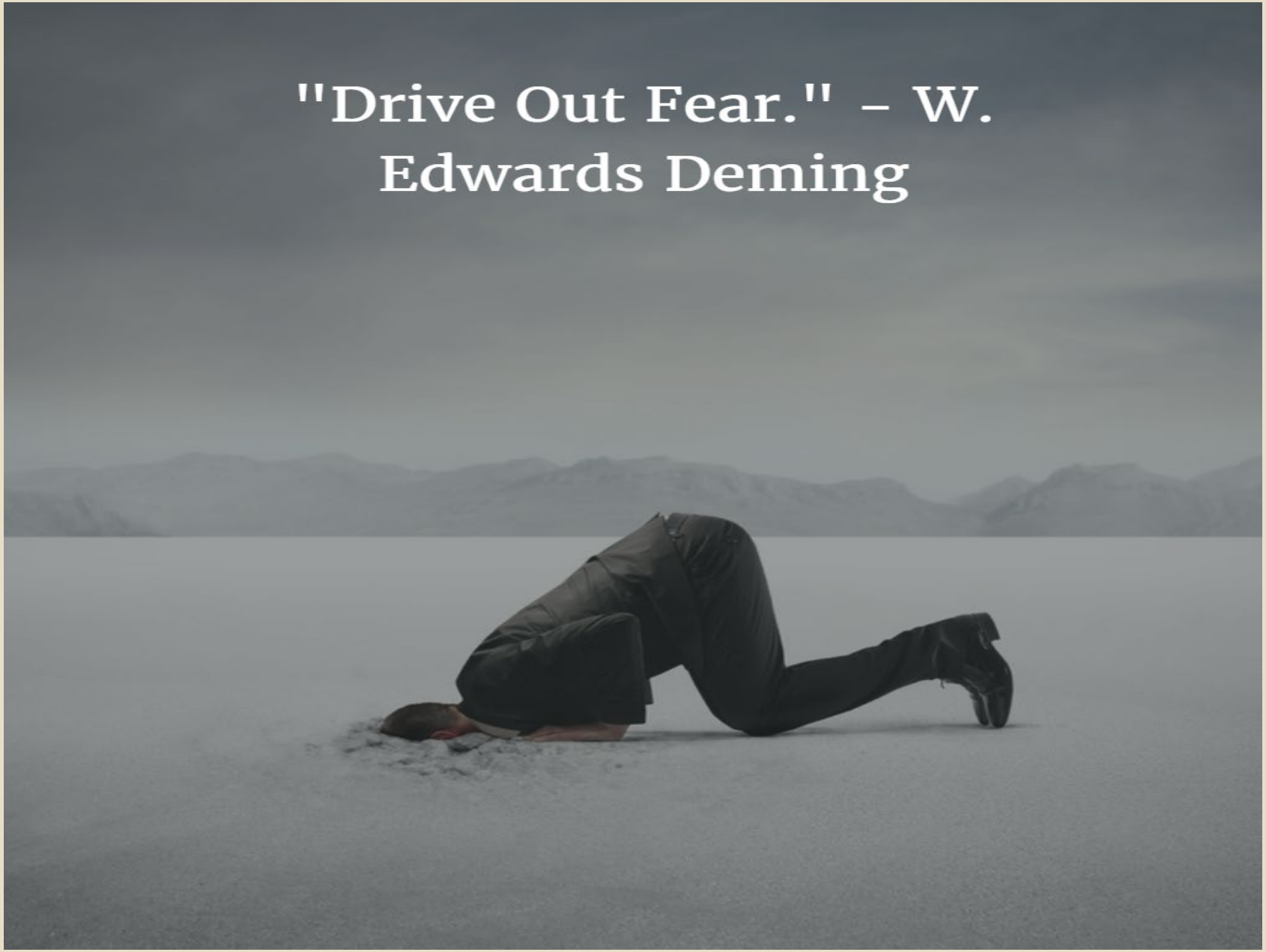
Gif

Lawyers Tools and Defaults

Stress is Good (As a Verb)

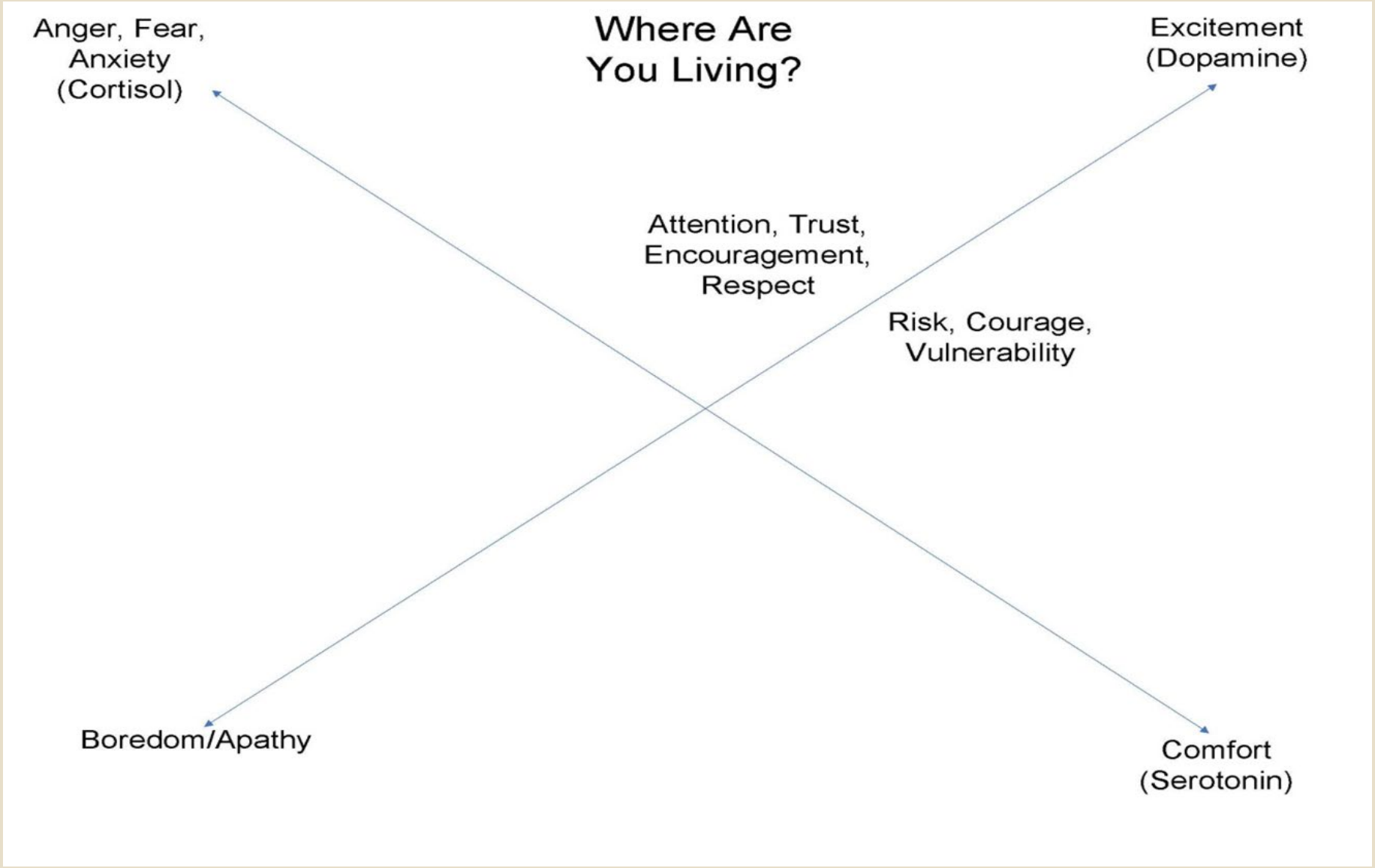


Distress (Chronic Stress) is Destructive


"Drive Out Fear." – W. Edwards Deming

This Ever Happen to You?

What's Missing When Distress Sticks?


Where Are You Living?
Anger, Fear, Anxiety (Cortisol)
Excitement (Dopamine)
Attention, Trust, Encouragement, Respect
Risk, Courage, Vulnerability
Boredom/Apathy
Comfort (Serotonin)

Chronic Stress and the Mind/Body

THE BRIGHT AND DARK SIDES OF NEUROPLASTICITY

Neuroplasticity makes your brain resilient.

Neuroplasticity enables you to recover from stroke, injury, and birth abnormalities.

You can learn new ways of being and responding to conflict.

In many cases, you can also overcome depression, addiction, obsessive compulsive patterns, ADHD, and other issues.

Neuroplasticity means the brain is always learning.

But the brain is neutral - it doesn't know the difference between good and bad.

It learns whatever is repeated - both helpful and unhelpful thoughts, actions, and habits.

Therefore neuroplasticity may entrench depressive, anxious, obsessive, and over-reactive patterns.

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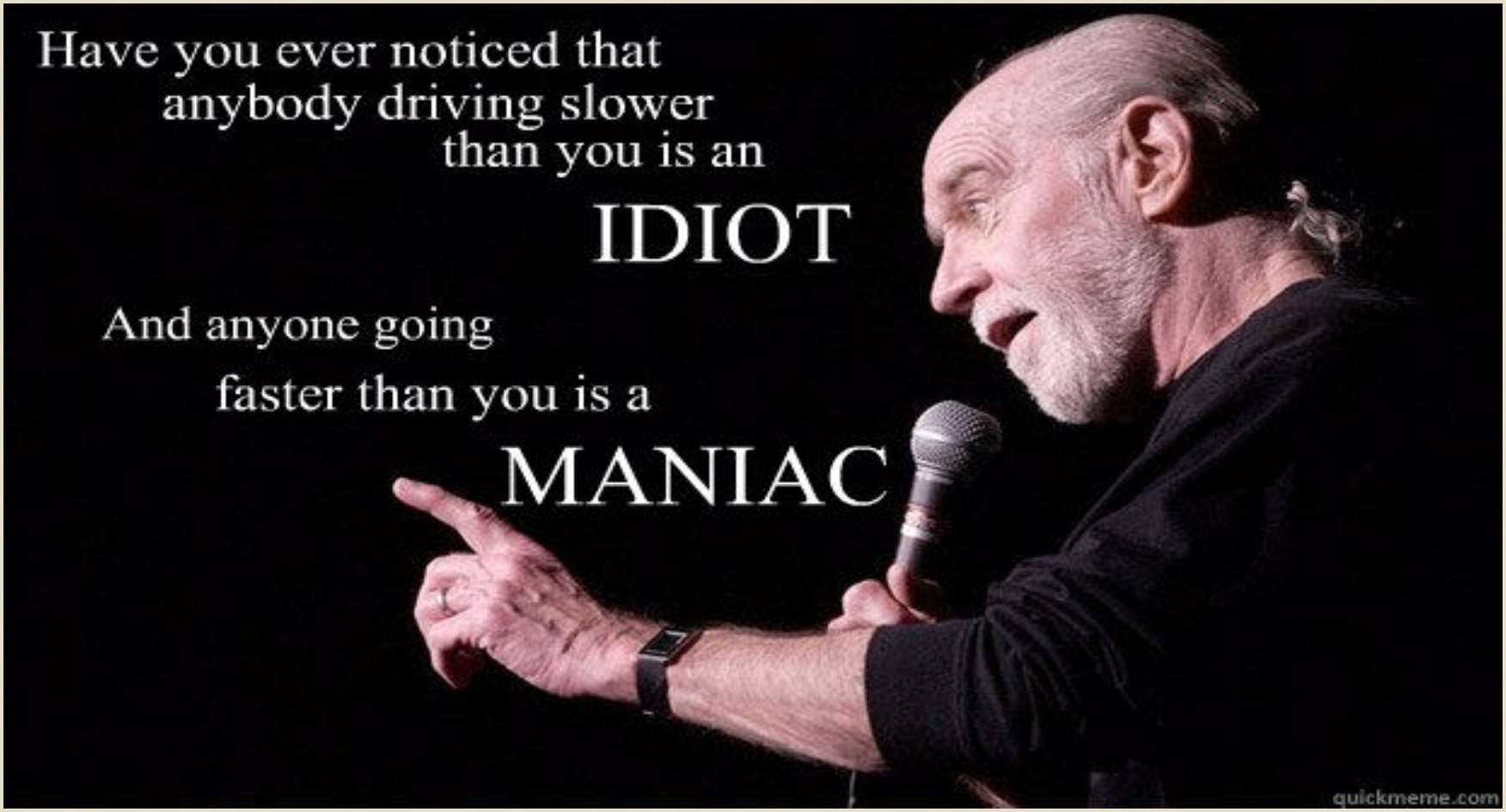
Hanlon's Razor

"Don't attribute to malice something that can be simply explained by incompetence."

Blind Spots That Keep You Stuck



Dear George:

We appreciate very much the confidence that Lloyd Center Partners have expressed in by engaging us to represent the Partnership with respect to the Lloyd Center Mall in Portland, Oregon. I would like to confirm the terms under which the firm will be acting as its legal representative.

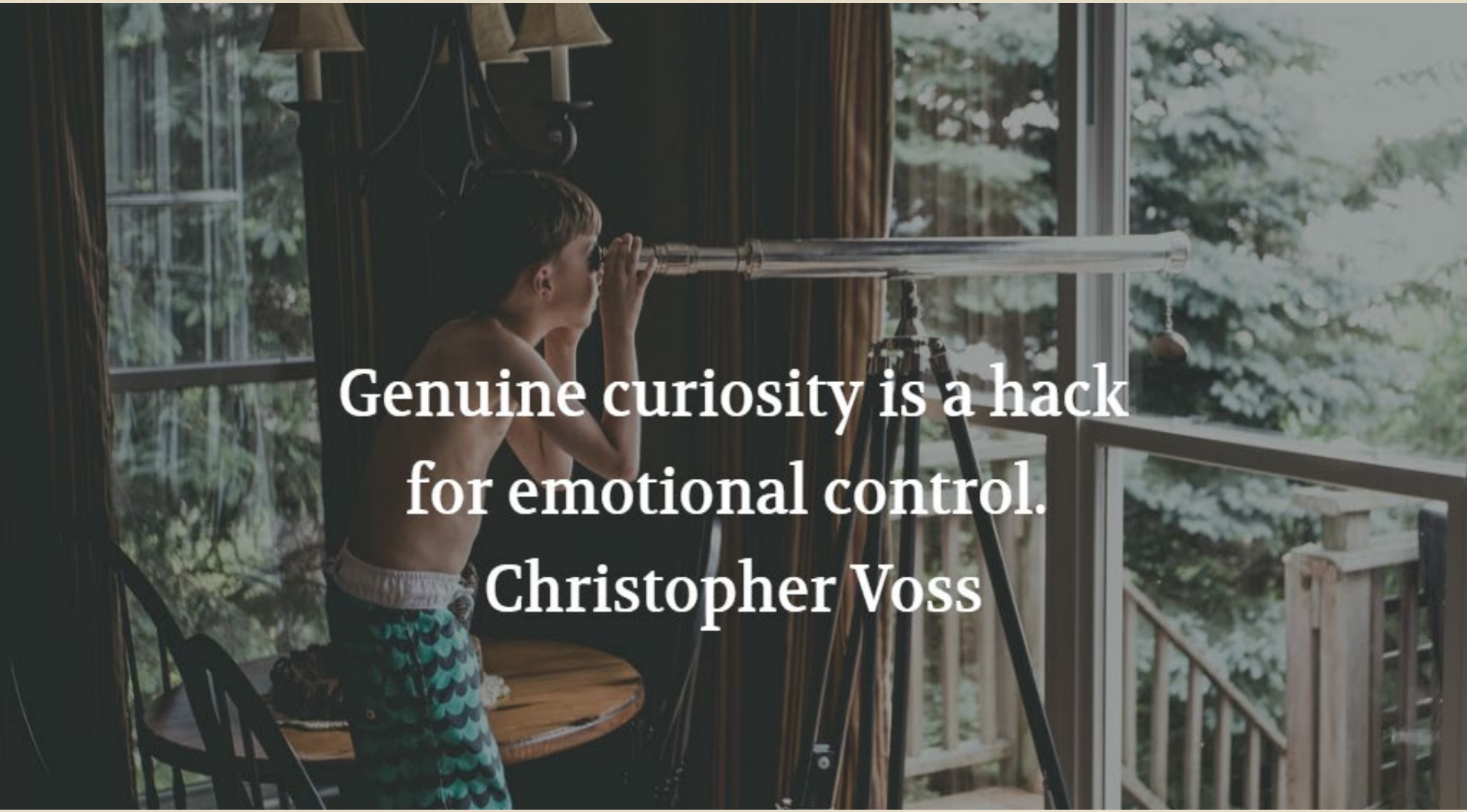
We charge for services rendered on an hourly basis. Currently, my hourly rate is $185.00 per hour. Mr. Lambert's hourly rate is currently $190.00 per hour. From time to time, because of the nature of the legal matters that we will be working on, other attorneys in the office may be assisting me on behalf of Lloyd Center Partners. The hourly rate for other attorneys in our office varies, based upon years of practice and expertise, and ranges from $100.00 per hour to $200.00 per hour. Generally, the attorneys that will assist Roy and me have an hourly rate less than ours.

In addition to our hourly fee, we will charge for out-of-pocket expenses actually incurred on behalf of the Partnership. These expenses include such items as photocopies, facsimile charges, long distance telephone charges, computer time, delivery charges and the like.

Beware the Binary

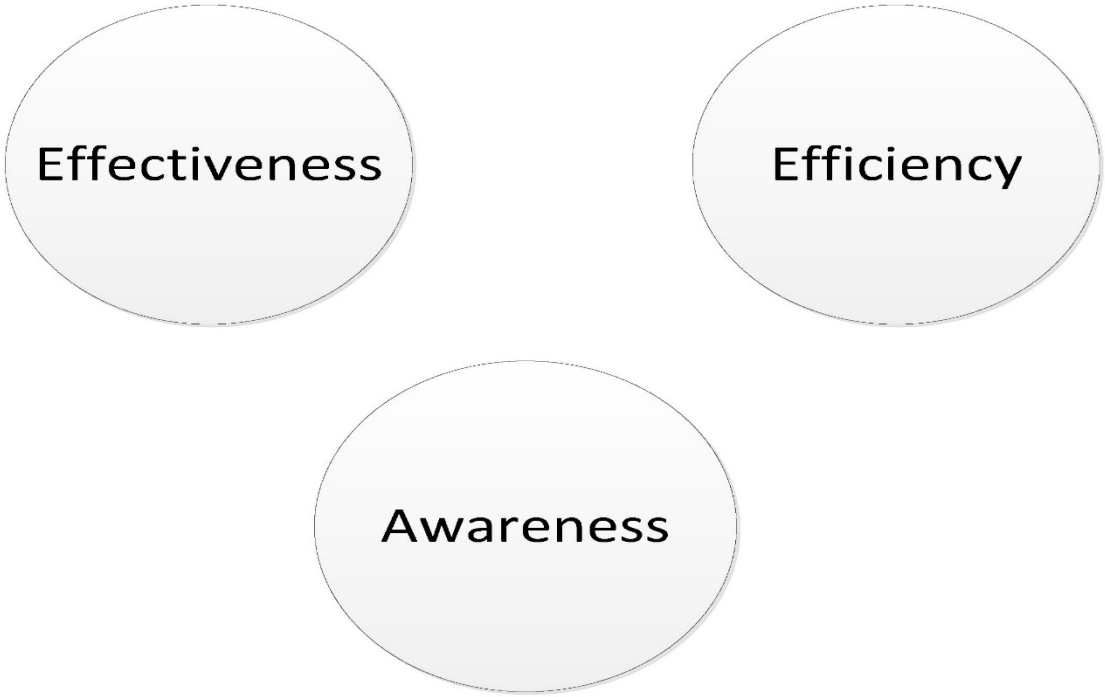
Dizzying, the Possibilities

Fear and Curiosity Can’t Co-Exist



What Things are Intrinsic?

Noticing What's Happening



Ways To Notice Your Defaults

- Give Your Body What it Needs
- Make Observations Rather than Judgements
- Seek Out Counterfactuals
- Change Predictions as You Gather Evidence
- Develop Empathy
- Be Curious

Notice The Stories You Tell

- Livin’ the Dream
- Another Day in Paradise
- My Dad didn’t do any housework
- These Goldern Millennials and Everybody Gets a Trophy
- These Goldern Baby Boomers Just Trying to Retire
- I Don’t Think _____ Woulda’ Done it This Way
- I Don’t Do Technology
- I Just Want to Retire Before Things Get Any More Crazy.

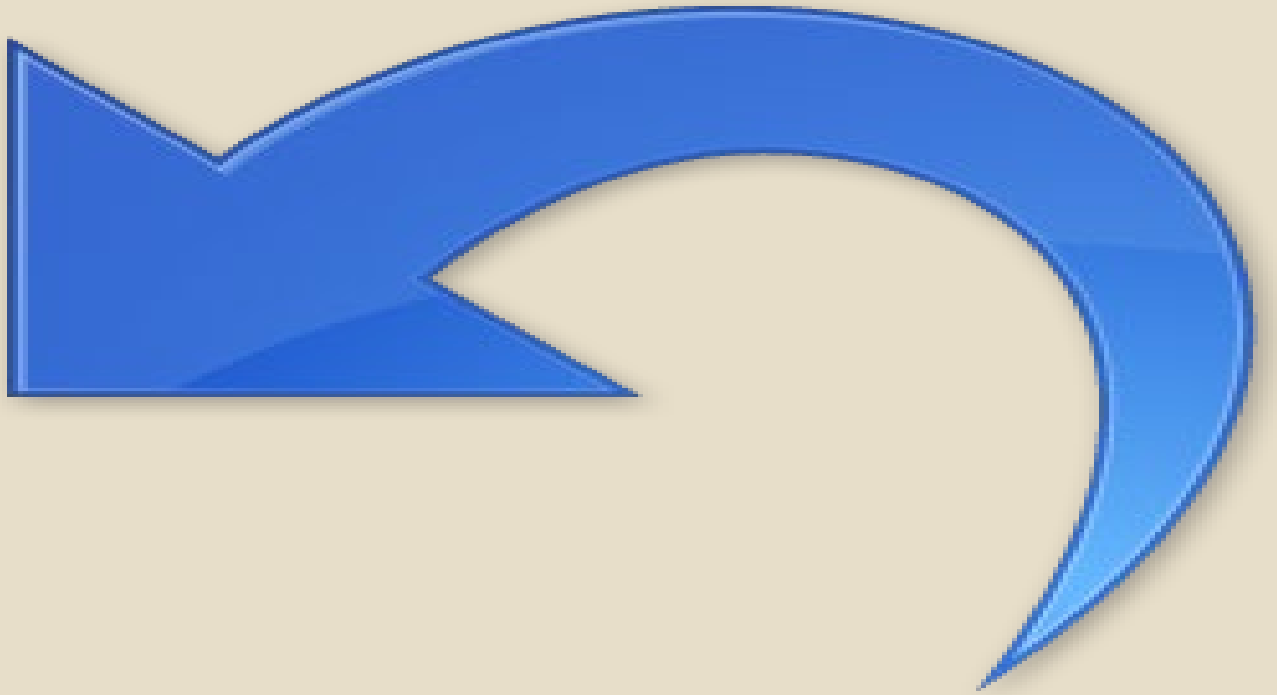
When In Doubt, Zoom Out (@peteholmes)

Space to Respond and Recover (Build Resilience)

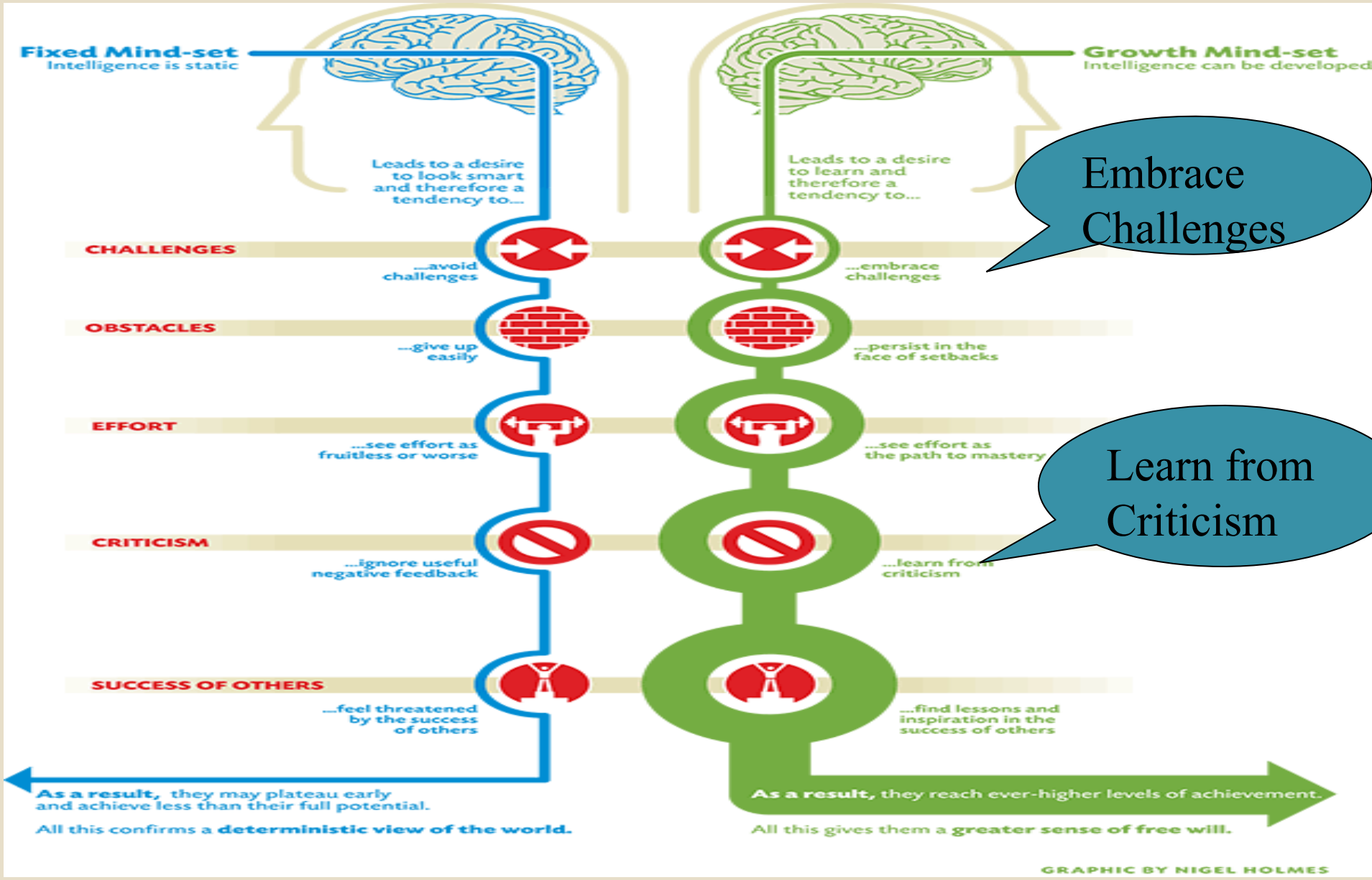
- The Breath
- Exercise
- Habits and Routines (Process), but not Ruts
- Allow for Rest and Recovery
- Cultivate Awe

Cultivate Awe

Space to Make Mistakes



Space for (Uncomfortable) Growth



Do Some Things You Really Lov

Practice Gratitude -5 Minutes a Day

From: Jack Pringle
Sent: Friday, October 12, 2018 8:31 AM
To: [redacted]
Subject: Thank You

I really appreciate getting to know you and working with you (for over five years now-yow!) since we joined the firm.

From the minute we joined you were interested in helping me navigate things and get new clients and grow my practice, and I really, really appreciate that. You have been my biggest fan when I have not felt like I had any fans at all, including myself.

You have a spark and a laugh that are really unique and that always makes you a complete joy to talk to—

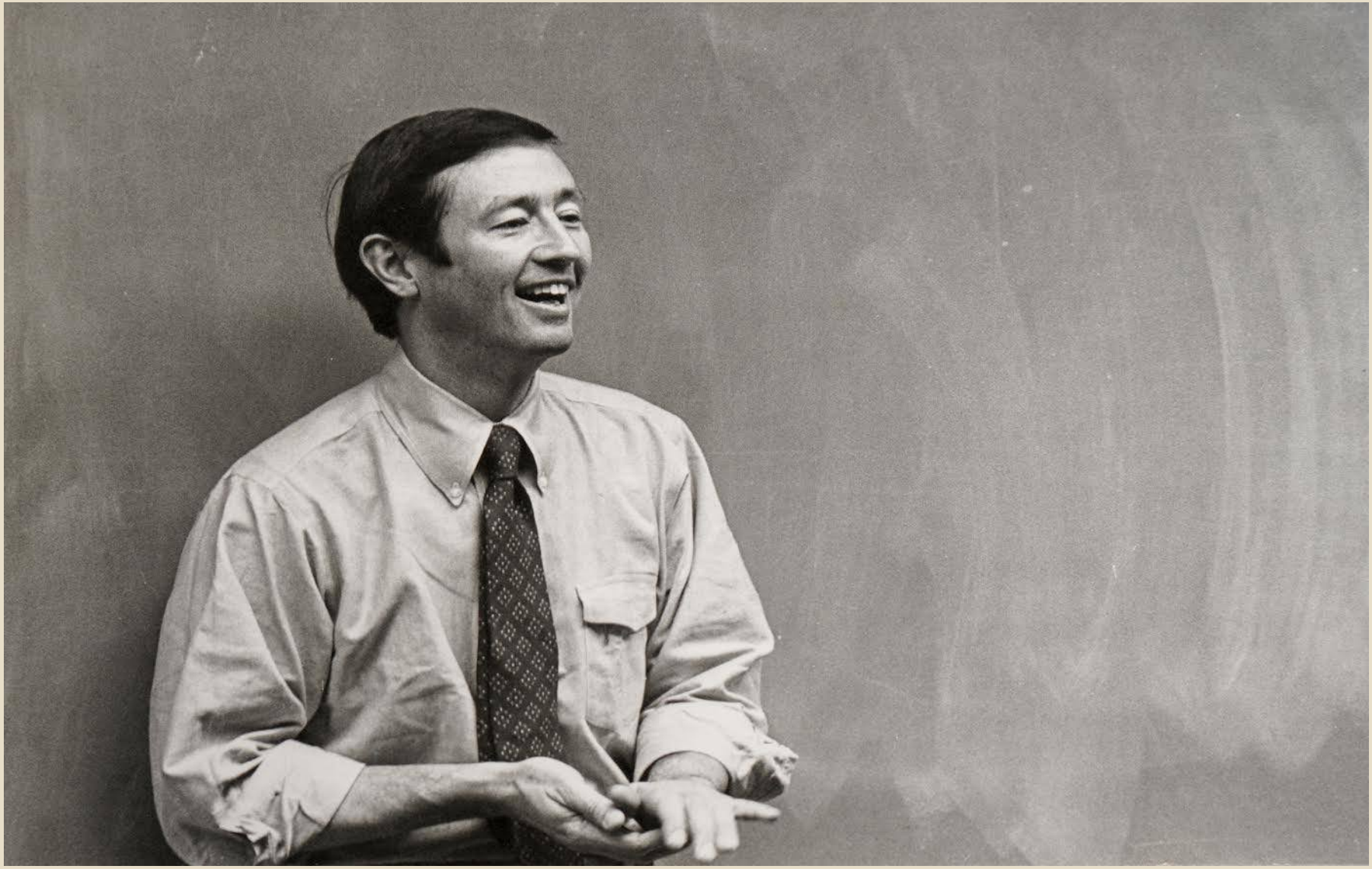
I look forward to working with you and interacting with you more in the years to come!

Jack

P.S.- I am not going anywhere. I promise. I just am better off (i.e. not completely in the ditch) when I express gratitude.

Practice Gratitude By Giving Time

APPLIED SCIENCE

Embrace the Paradoxes

Conclusion: Practice a Little Faith