



The Power to Take Control of Your Life

Dr. Christian Conte

MONDAY, MARCH 18, 2024
10:30AM – 12:00PM

Please let us know what you thought of this session



SEMINAR HANDOUTS SPONSORED BY:



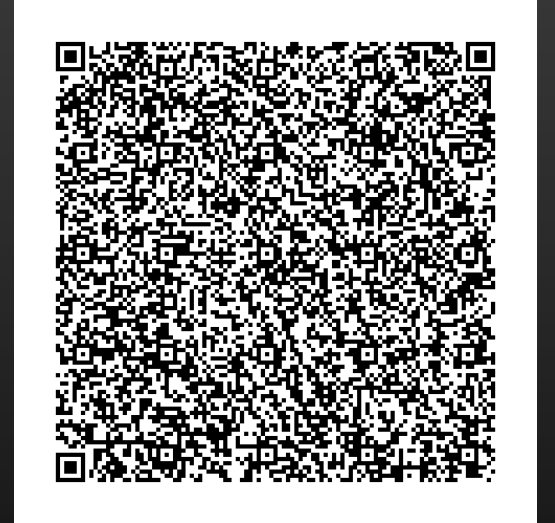


The Power to Take Control of Your Life... Yield Theory

Dr. Christian Conte



What the heck
is
Yield Theory?



How Can This Possibly Help Me?

Here's what we'll address today:

- How to communicate more effectively
- How to handle conflict well
- How handle ego (yours and others')
- How to be the best version of you, have better relationships and ultimately, find peace

2008

Hochuli apologizes to fans
for blown call in
Chargers-Broncos game

Personal Challenge:
“Change the world.”



Empty Your Cup



**People see your actions,
Not your intentions.**

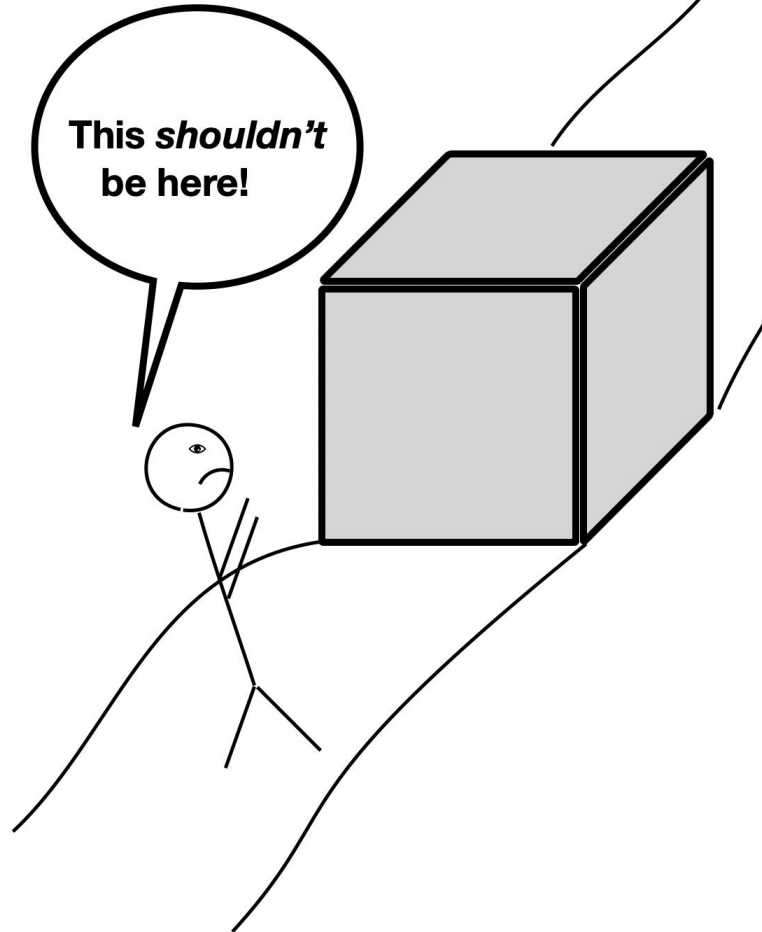


The Fool on the Mountain

A silhouette of a person stands on a rocky mountain peak, looking out over a vast, hazy mountain range. A speech bubble is positioned to the right of the person, containing the text "You should be up here with me!".

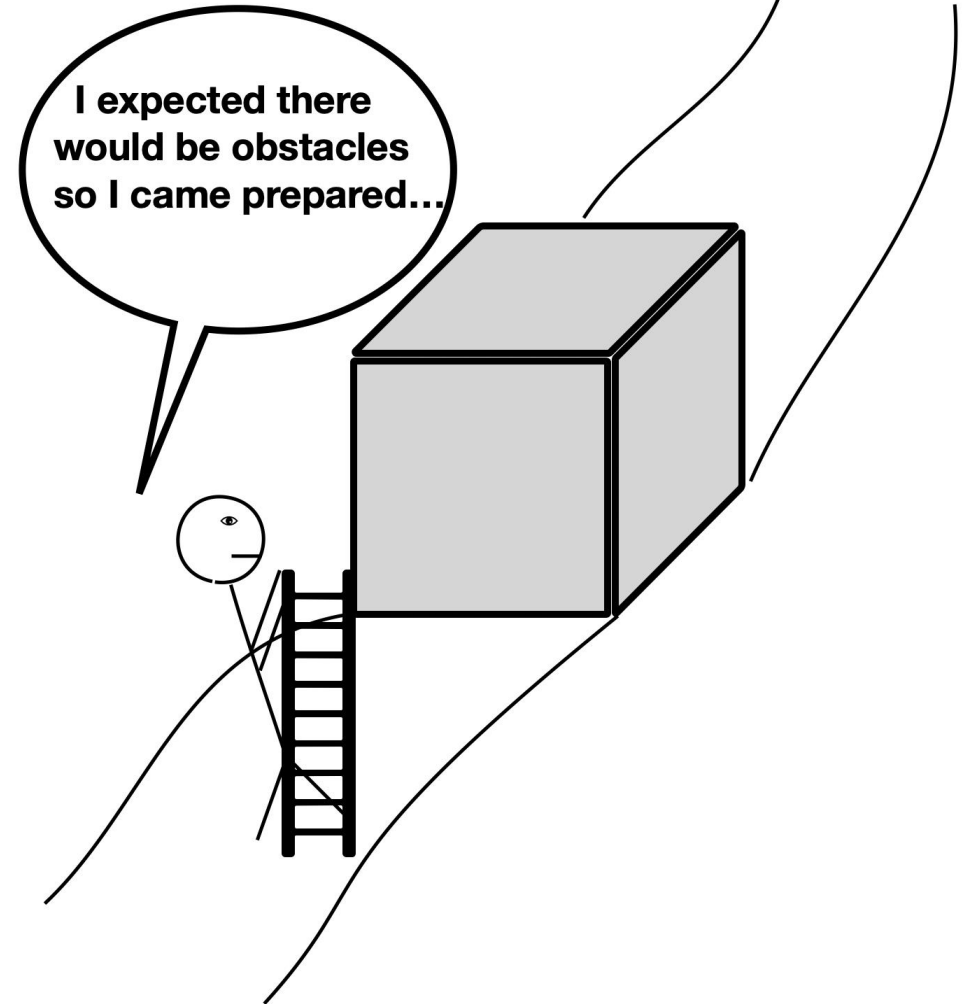
"You should be up here with me!"

Cartoon World

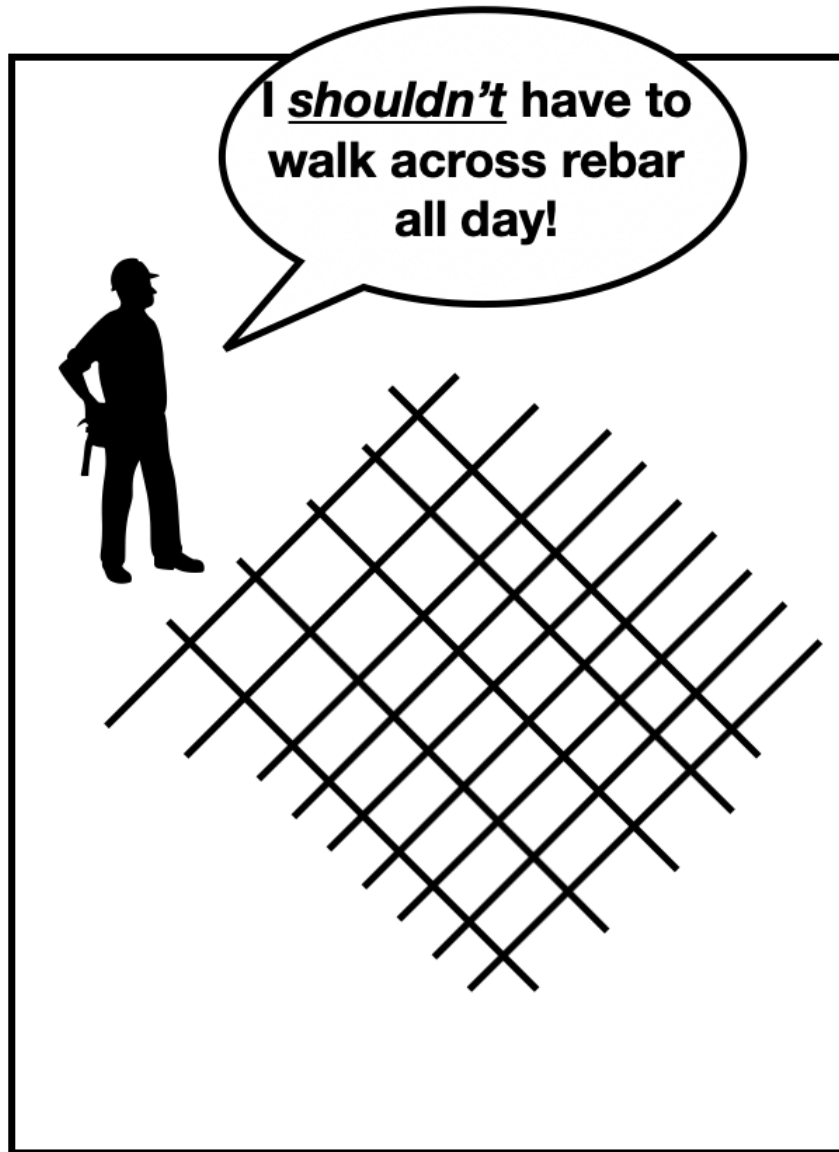


VS

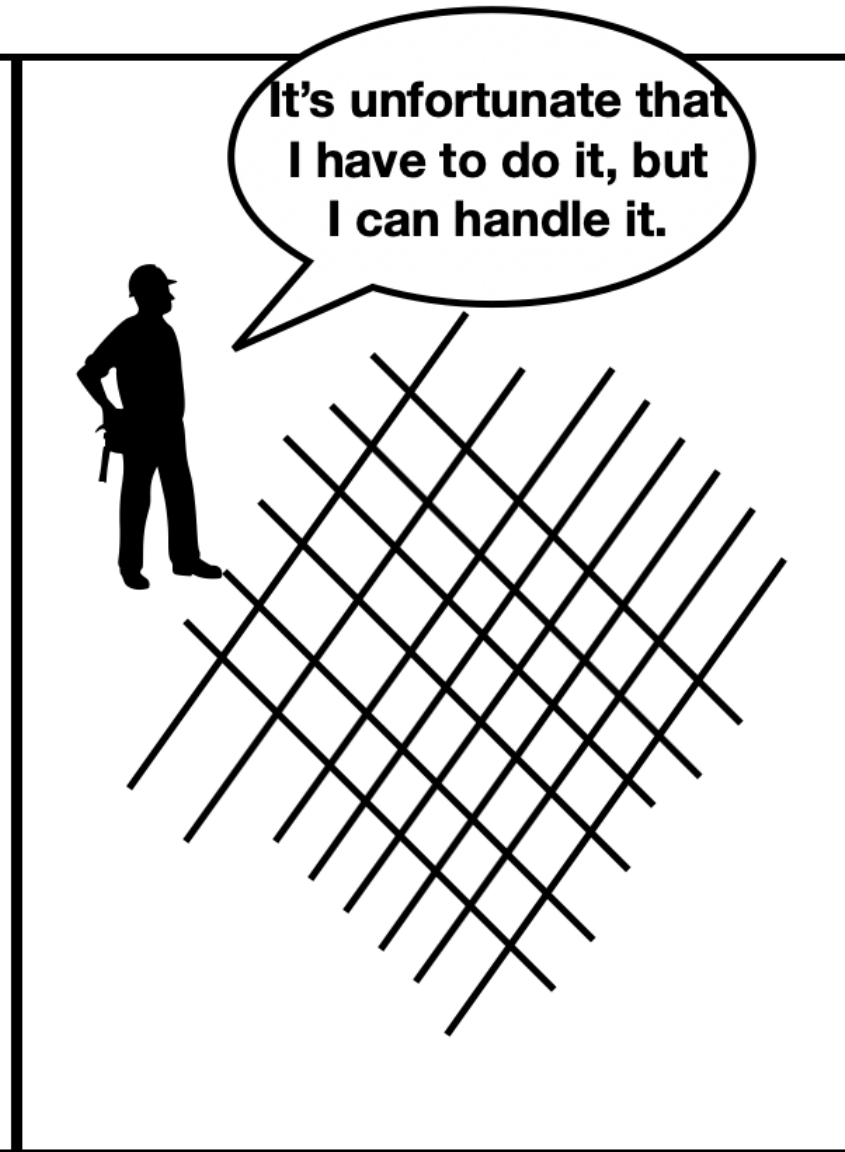
Real World



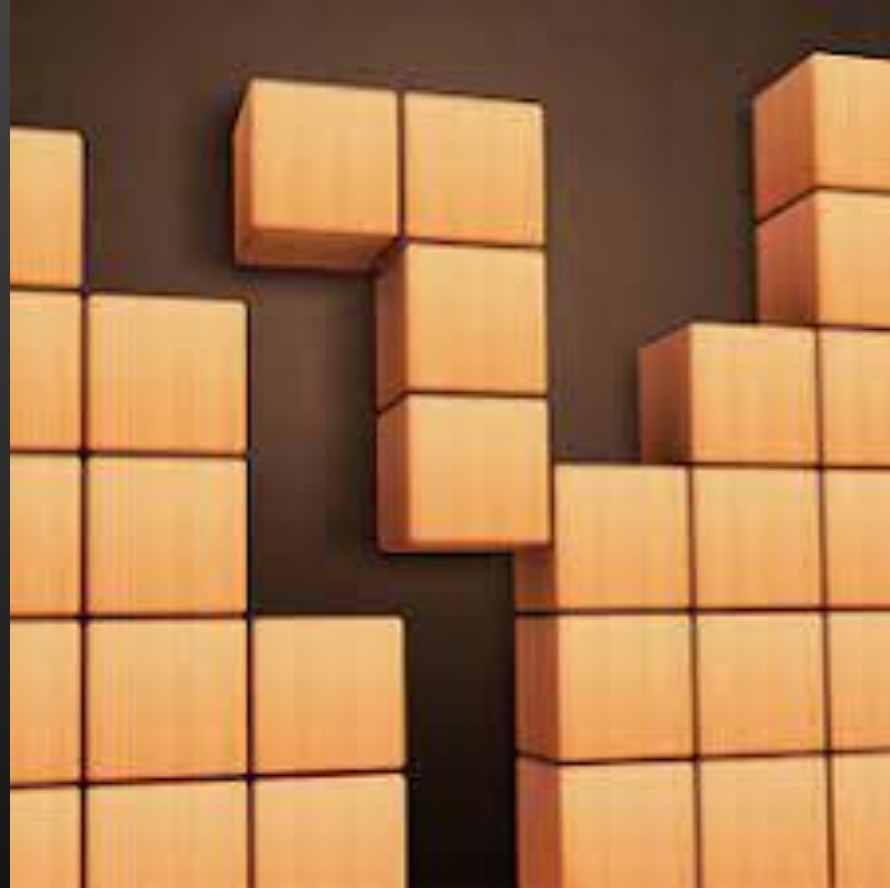
Cartoon World



Real World

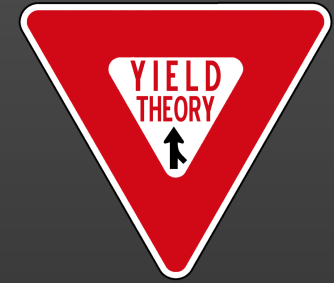


**In the same way
that a puzzle piece
either fits or doesn't...**

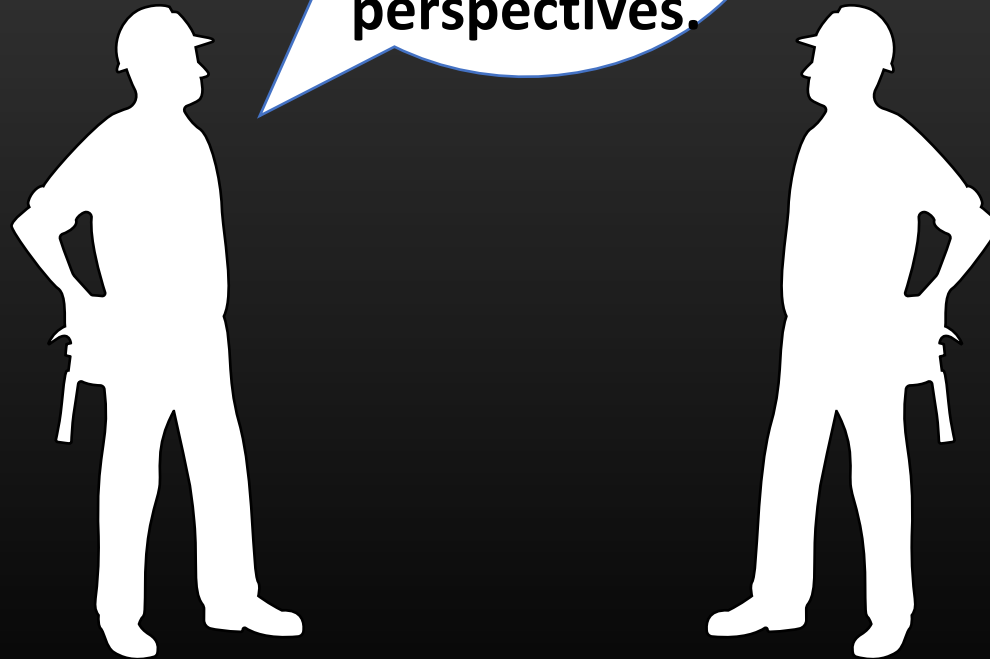


**Your communication
either works for the
person you're talking to
or it doesn't...**

Game-Film Approach



I want to look
at this with you
from a couple
different
perspectives.



A bear walks into the room...



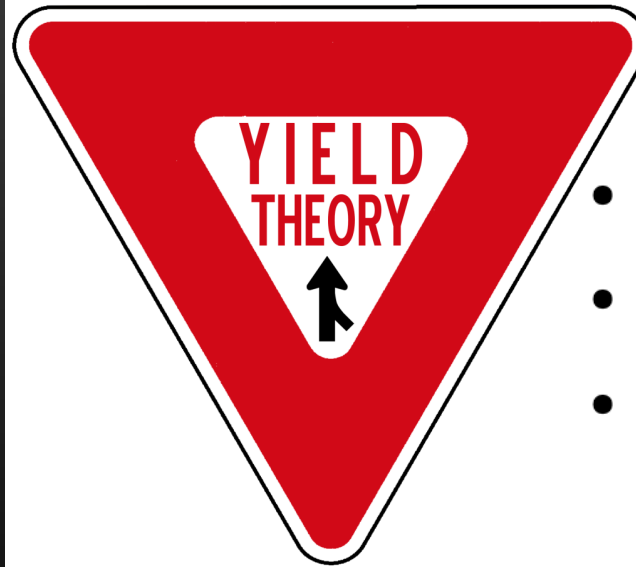
Amygdalae
Fight / Flight / Freeze



Frontal cortex
Decision-making



How To Talk So People Actually Listen



- **Listen**
- **Validate**
- **Explore options**

Listening breaks down into

Content VS. Process

Content = *What* is said

Process = *How* it's said



Conte's Box

Listen without
assuming
that you already
know what's on
the other sides of
the box...



Conte's Box: Immediate Application

Think a current or recent miscommunication:

- What was your side of it?
- What was their side of it?

How does seeing their side change the interaction?

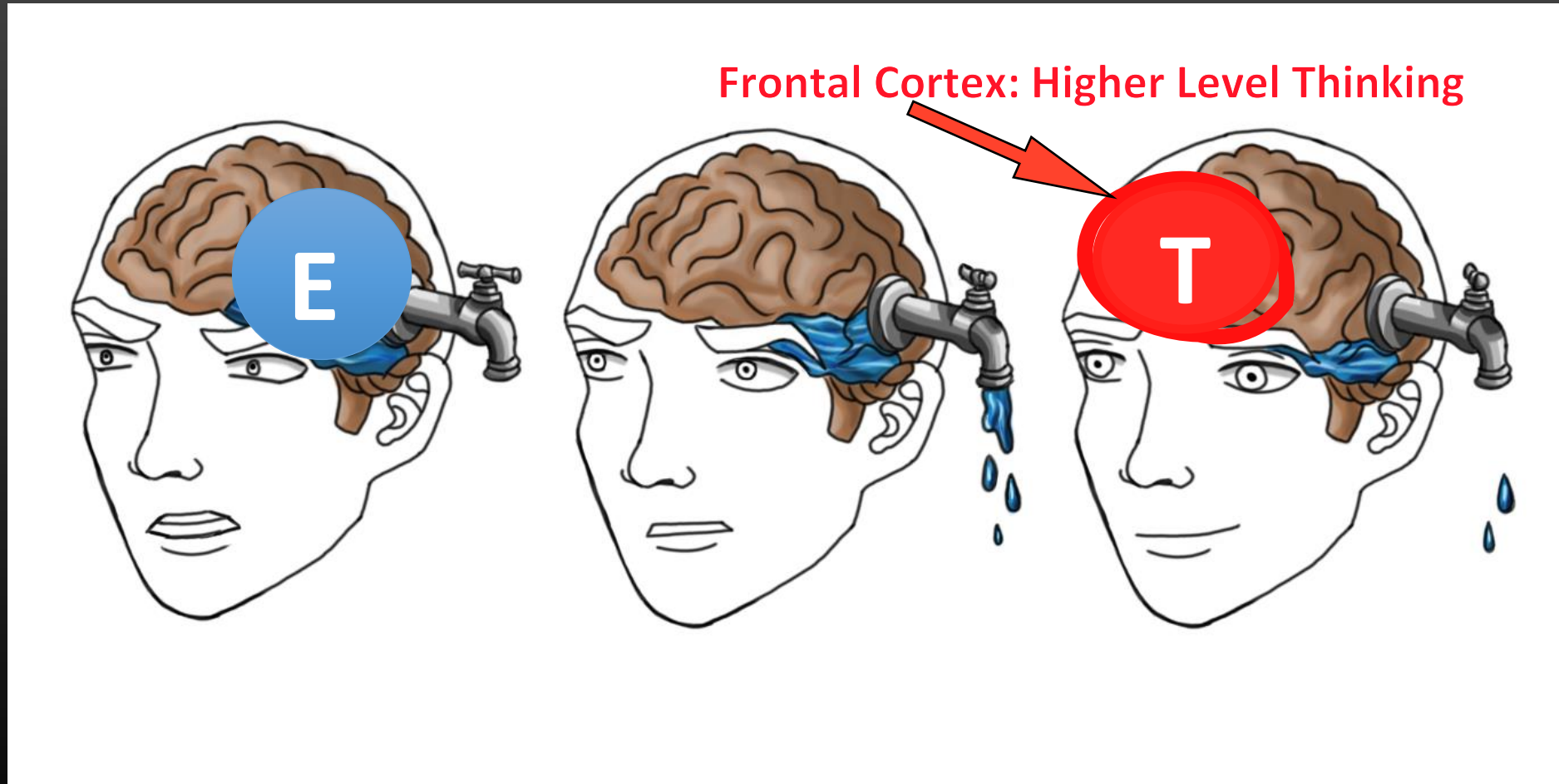


Validate



To validate means to acknowledge what the other person is saying or experiencing on his or her side of the box.

Draining the Limbic System



Explore Options

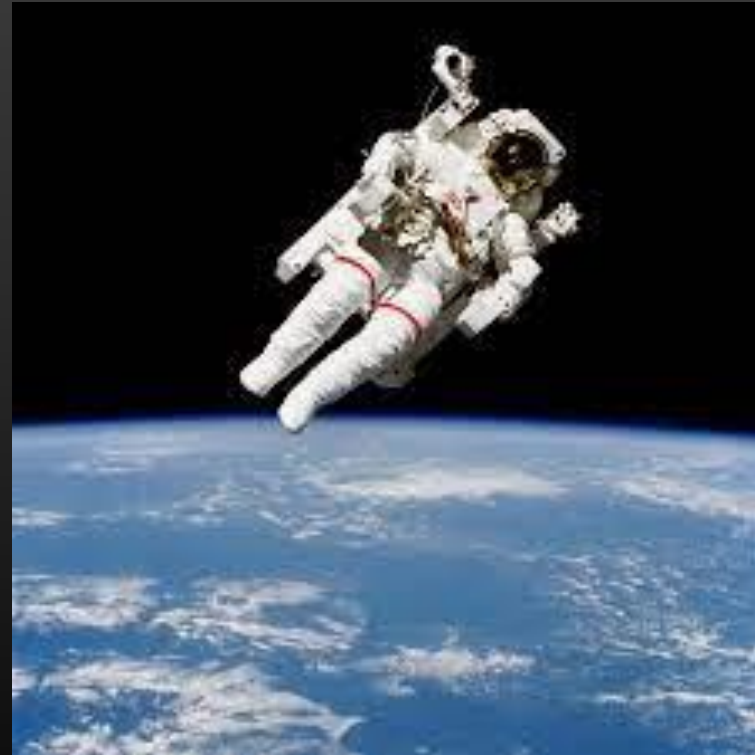
Emotions



Rational Thinking



“Work the Problem”



WDEP Method by Robert Wubbolding

W - Wants (What do you *want*?)

D - Doing (What are you *doing* to get what you want?)

E - Evaluation (How's that working for you?)

P - Planning (What can you do to get what you want?)

2 FASTEST

Anger Management Techniques

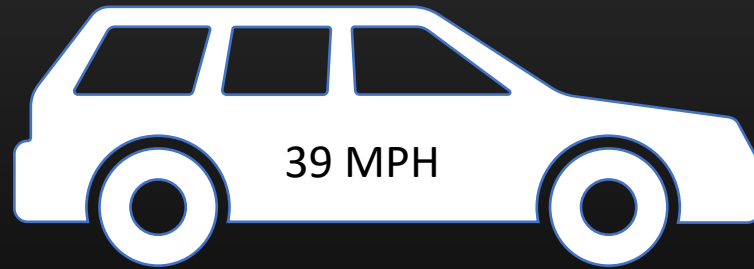
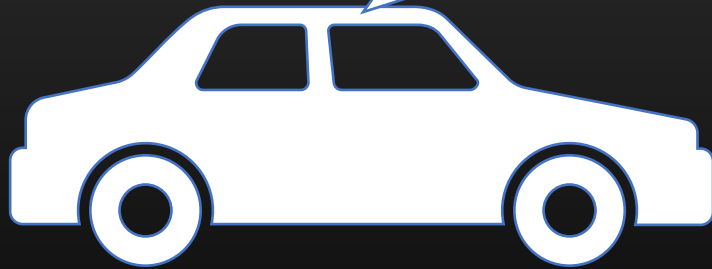
1. “Maybe”

2. Sans Adjectives



Sans Adjectives

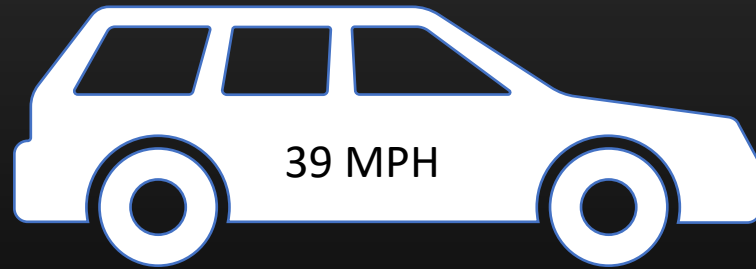
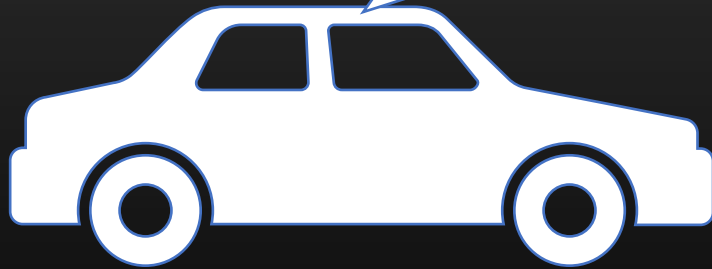
**“This no-good, selfish,
Son of a %*&*! You obviously
NEVER learned to drive! I’m so
sick of this every day! You’re a
MORON who knows nothing!...”**



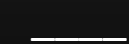
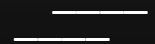
**SPEED
LIMIT
40**

Sans Adjectives

**“This car is going slower
than I want it to be going.”**



**SPEED
LIMIT
40**



“Crisis-Prone” People



10

9

8

7

6

5

4

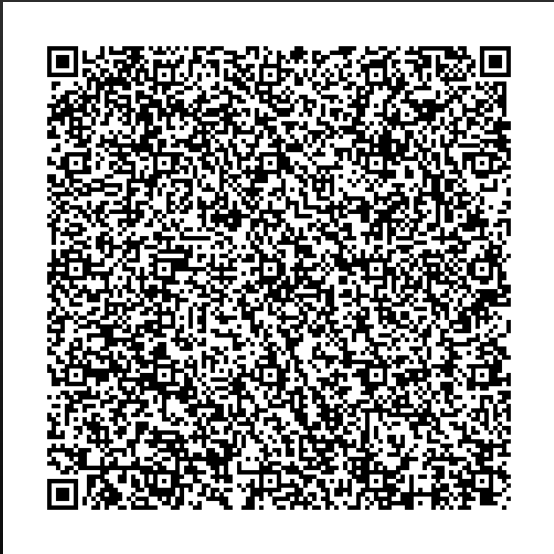
3

2

1

— Baseline functioning of a crisis-prone brain

— Baseline functioning of a calm brain





The Seven Fundamental Components of Yield Theory

The Great Watermelon Slayer



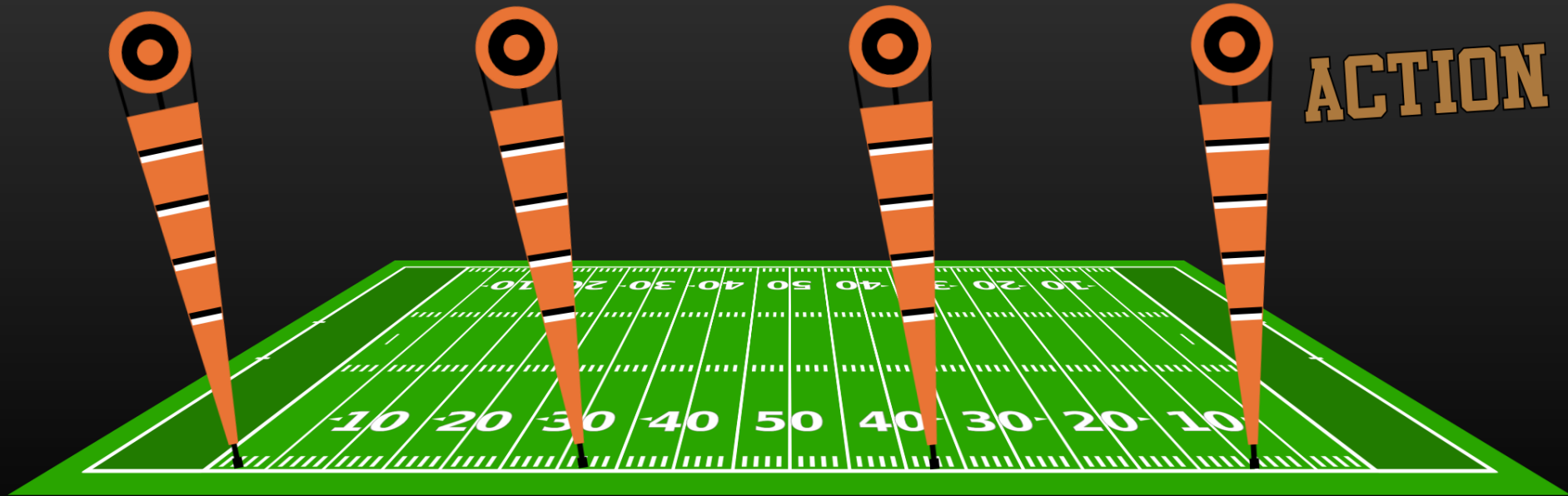
The Stages of Change

PRE-
CONTEMPLATION

CONTEMPLATION

PREPARATION

ACTION



What “*Accepting where people are*” actually means (or, How NOT To Be the Fool on the Mountain):

Action = Actually doing it

 Preparation = Starting to make small changes

Contemplation = Thinking about doing something, but not ready to start



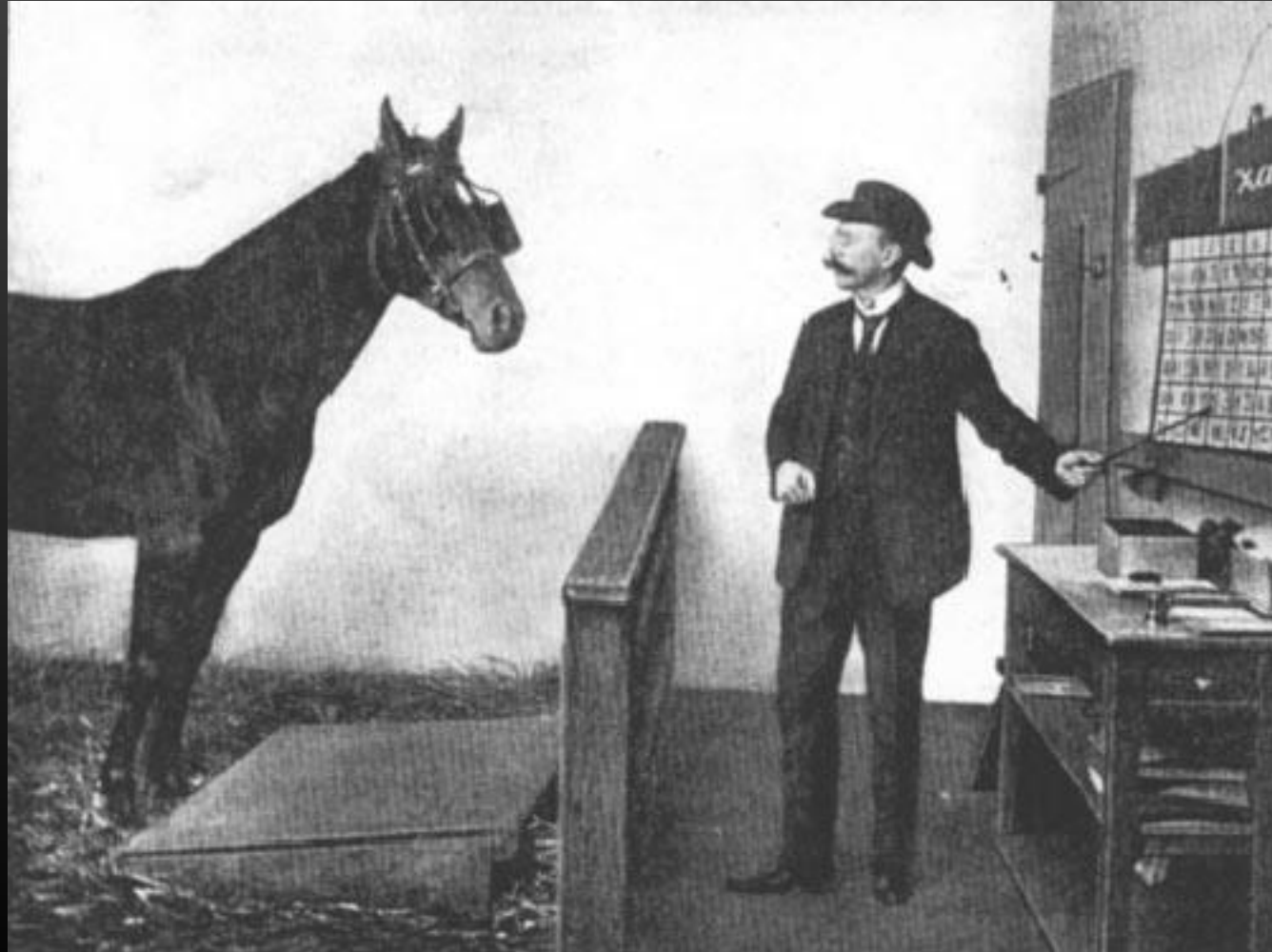
Precontemplation = Not even thinking about it



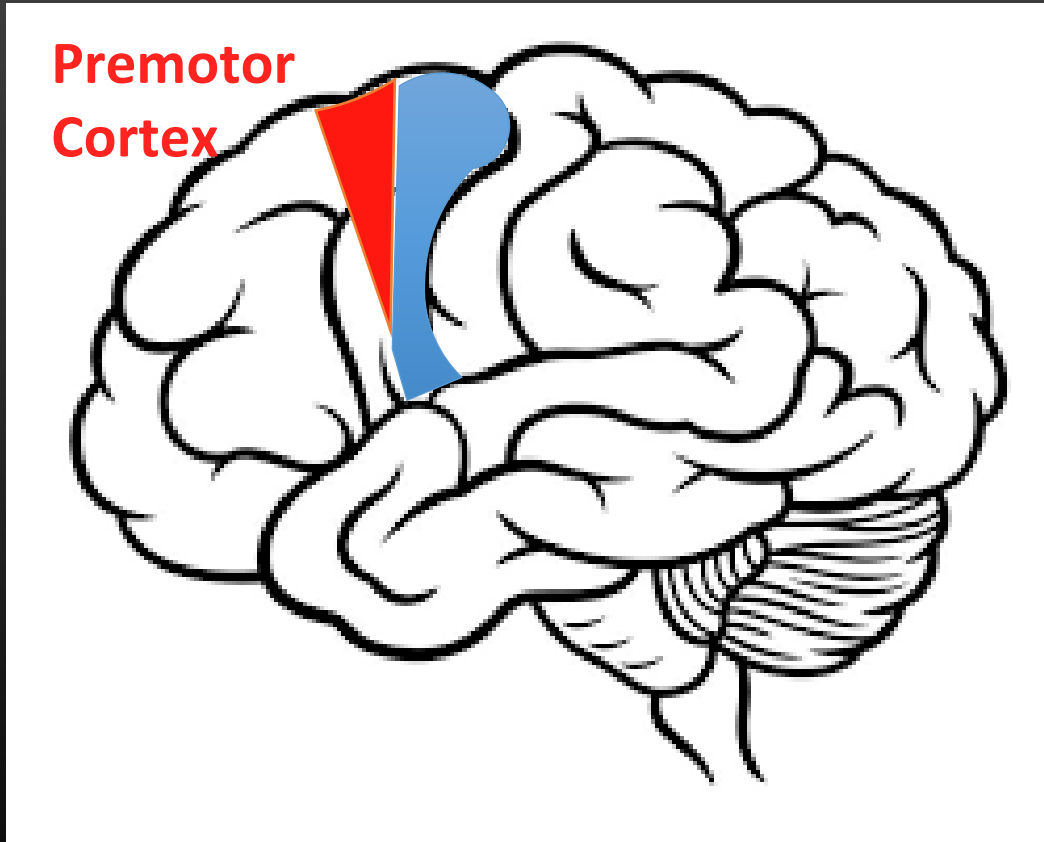
← You



Authenticity



Mirror Neurons



Macaque Monkey

Conscious Education

From Plato's Cave to James Webb...



The Cycle of Shame

LOVE, COMPASSION,
KNOWLEDGE, ETC

ANGER

ANXIETY

DEPRESSION

SHAME



Mindfulness



- How do others experience you?
- How does your approach to others either prepare them to hear what you have to say or shut them down?



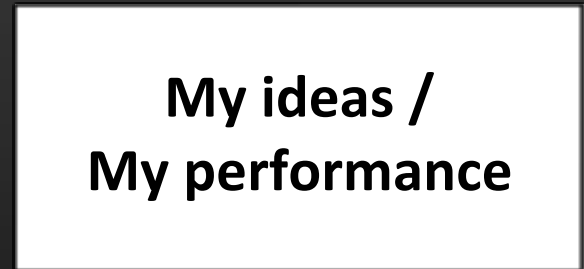
Meditation



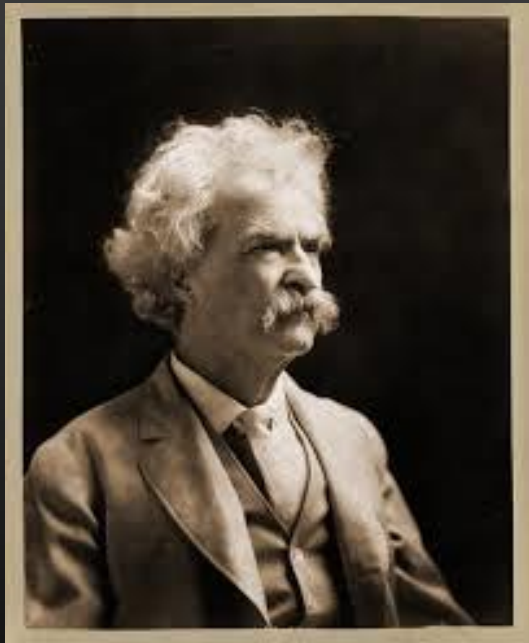
Benefits:

- Increases concentration
- Helps memory
- Increases self-control
- Strengthens overall brain functioning
- Reduces blood pressure

Nonattachment



Nonattachment

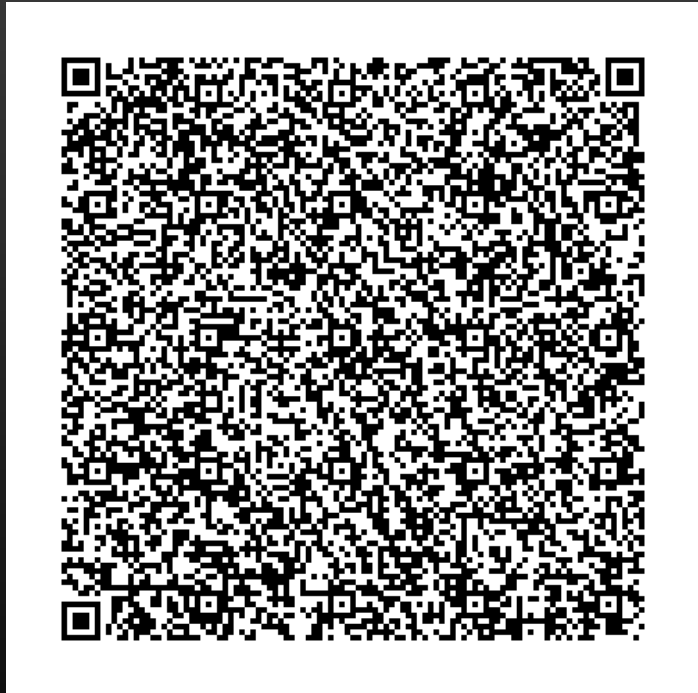


“Speak with conviction but
be open 100 percent that
you could be wrong.”

- Mark Twain

“It was on the right!”





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The Four C's

Choices

Consequences

Consistency

Compassion

Scan the code to order!

