



ConverStages 道學

Class 7-9 Summary

ConverTypes – Open Skills

Con-Converse
Open
N
V
E

CT Connect

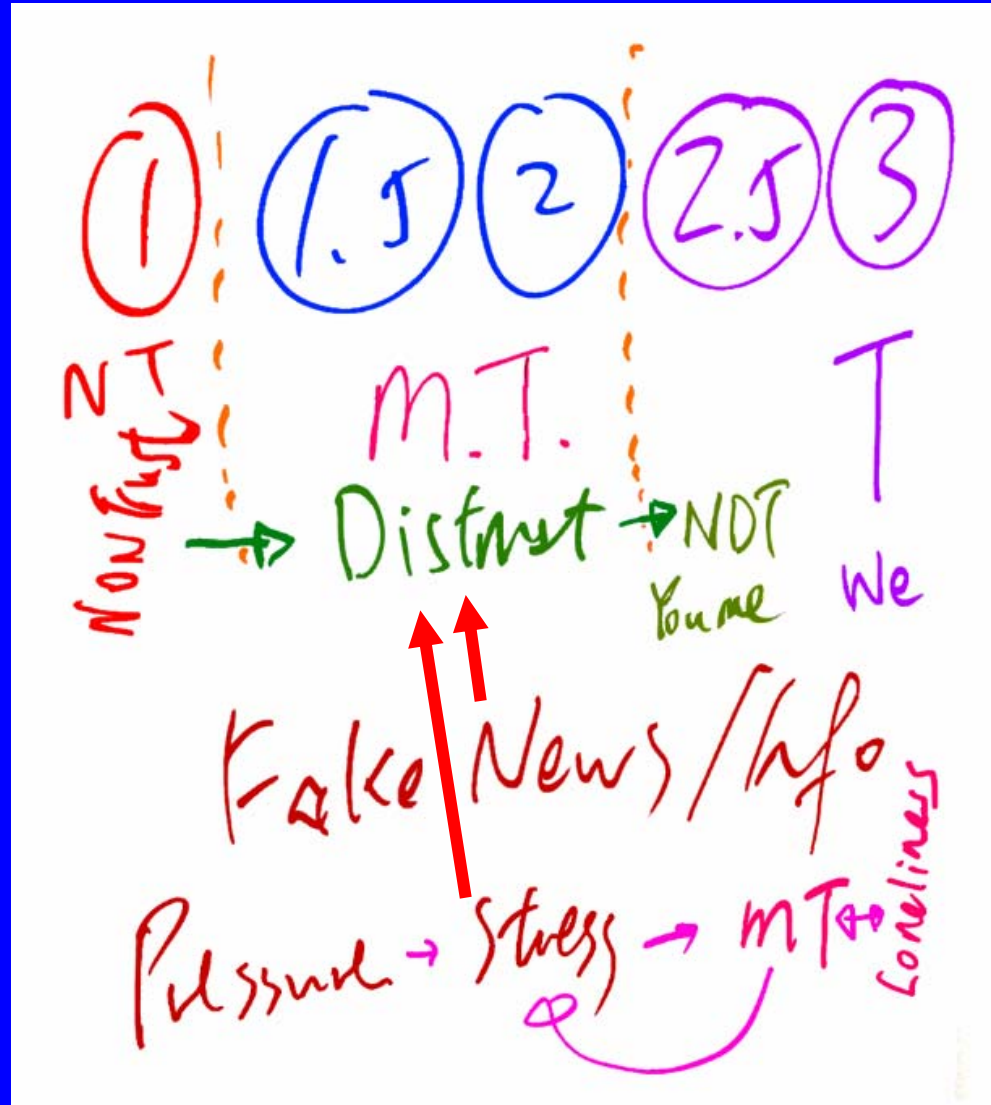
Listen to understand

Co-Helping

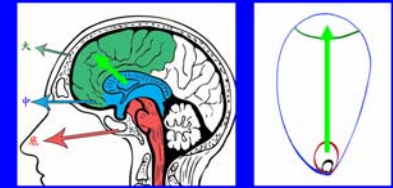
TO

ALQ

ConverStages



加多減少 / 開始結束...



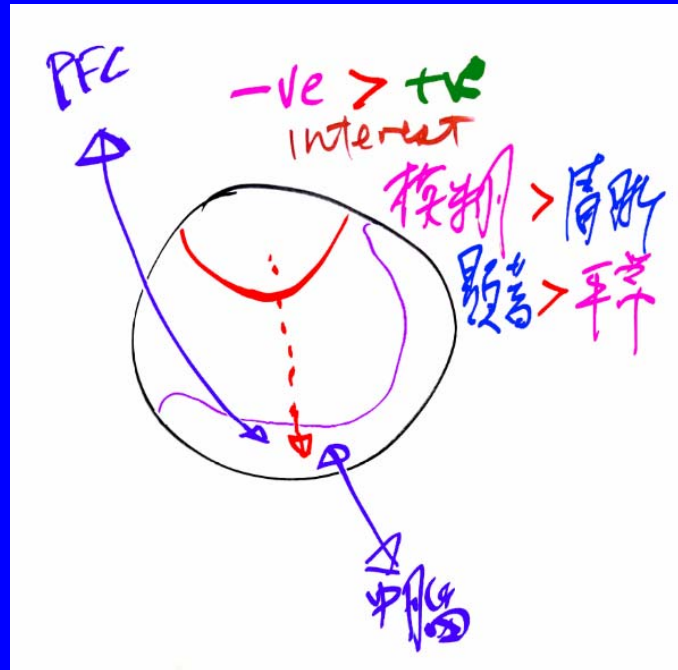
↓ ①
Past
排
漢
批
Tell 講
限
4以
知
指

↑ ③
Future
包奇賞問
? 撥/張
沁尋度

難
低
近
開
念
疑
般
惜
躁
到

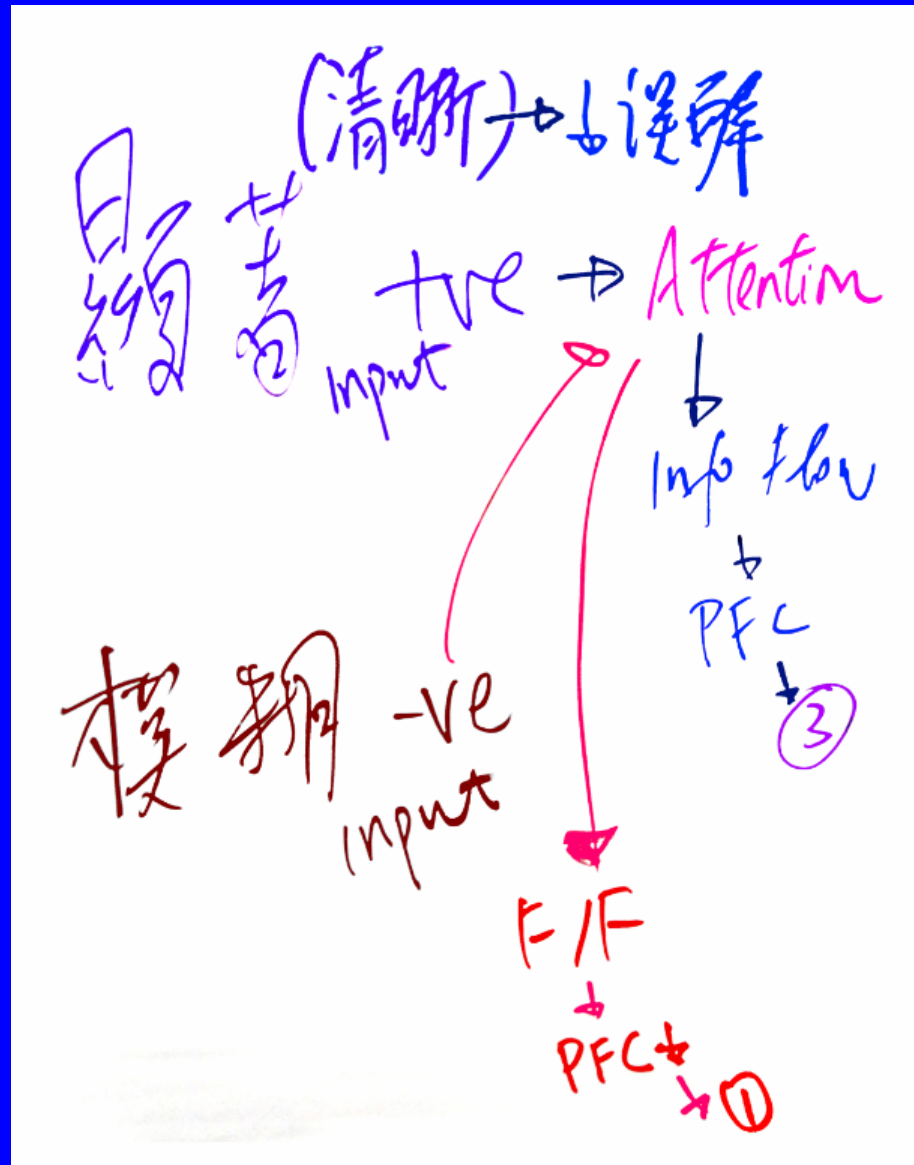
解/題
高
遠
坦
懷
信
真/誠
仁/慈
弄(招托)
開/表

被誤解的杏仁體...



顯著+正面+清晰 → Attention → Info Flow

Immoral / Amoral



杏仁體 → Dopamine → 慣性 + / -

杏仁體 → Dopamine
↓
2 種習慣

慣性 / 慣性



Conditioning +ve input
+ve memory
info flow

性格 → 杏仁體 → Dopamine → 慣性 + / -

Gain-Oriented → Info flow
Loss-Oriented → FIF
b/f → Info-flow
n/a → FIF

長期慢性
Mis Trust

短期急性
Dis trust

Non-Trust

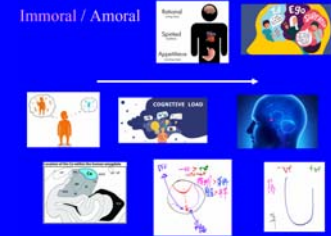
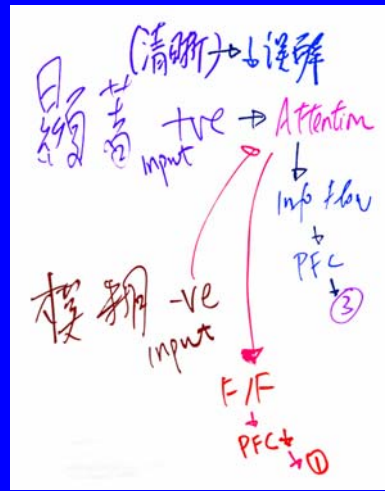
Non-DisTrust

C T Connect

Co-Helping

TO

ALQ

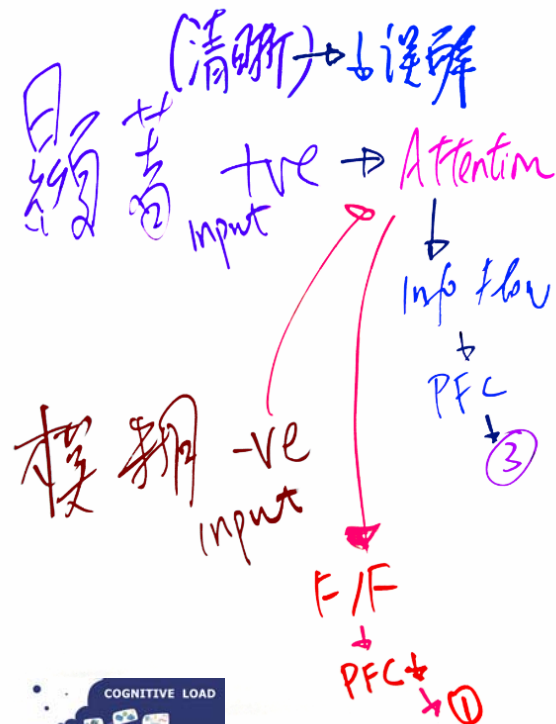


Info Flow → Cog. Load

ConverTypes – Net-Versing Skills

Con-Converse
Open
Net-Versing
V
E

Non-DisTrust



Cognitive Load

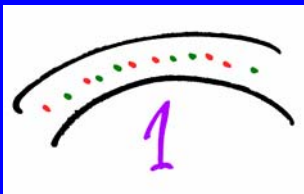
Conditioning +ve input
+ve memory
Info flow

Gain-Oriented → Info flow
Loss-Oriented → F/I/F
外向 → Info flow
内向 → F/I/F

好奇 = 模糊
理解
x-ve

ConverStages

①	①.5	②	②.5	③
我	有我 無你	有我 有 you	無我 無你	
		You & Me	You me	
NT	DT	NT	NDT	T
	懷疑 But	測 試 Testing You How?	測 試 Testing You me How?	



Agree + > Just Agree
 we agree
 Compliment

Open to Open
 Y/N? What? When? Where? Who?
 Why? How?

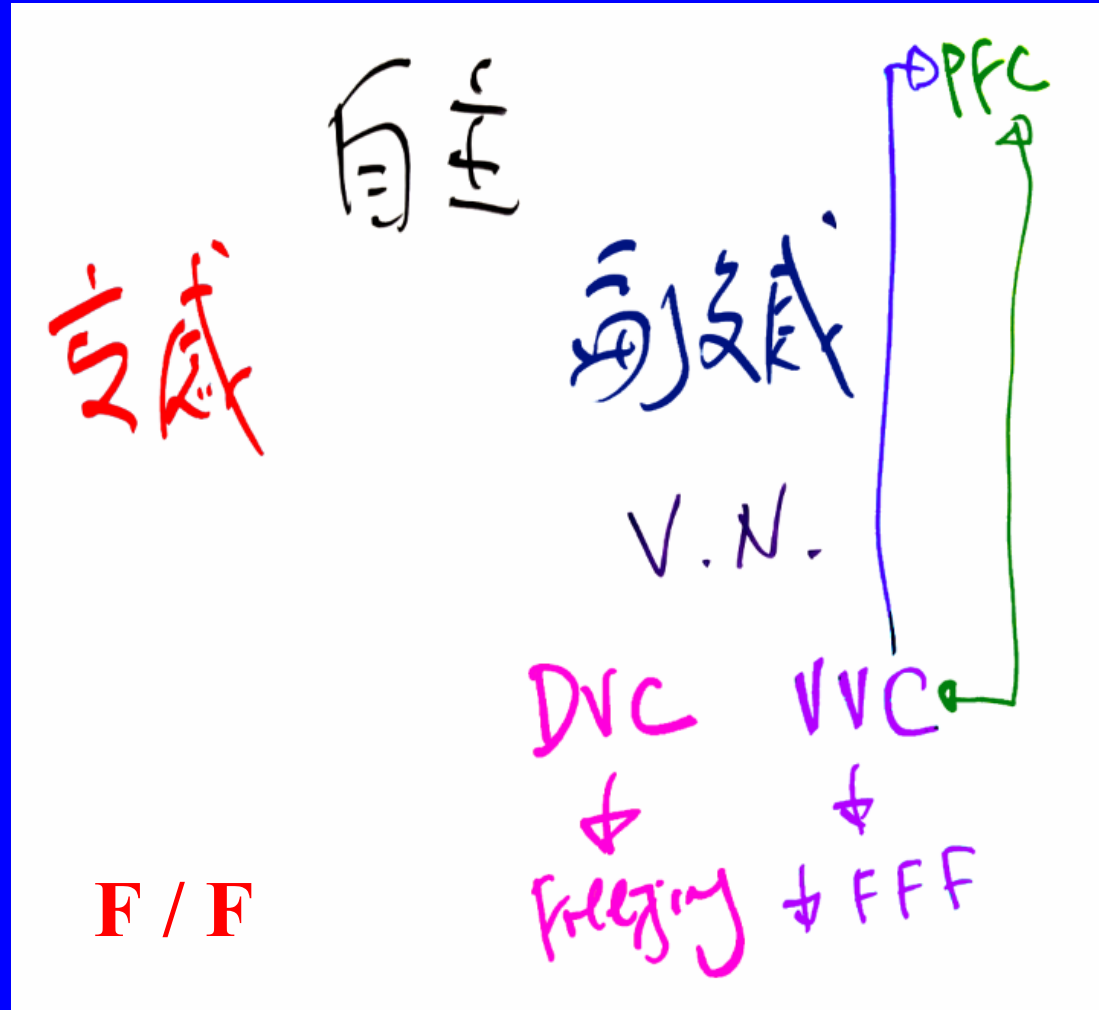
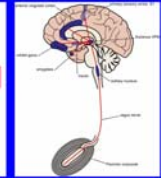
Open + 100, 100, 100, 100
 SSSSS...

Go Back S Stored
 Hyper Shade Nodes

Knitting



Polyvagal Theory



Converse C8

Testing You How?

Testing You me How?

Agree + > just Agree
We agree

Open to Open Why? How?

Open + sssss...

Go Back s Stored
Hyper Shade Nodes 999

Knitting 

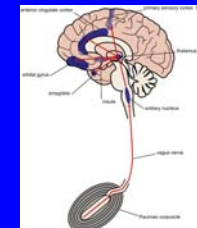
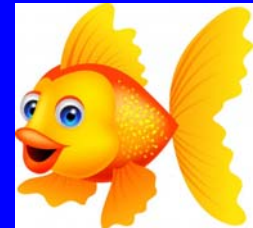
Con-Converse

Open

Net-Versing

Venturing

E



空間 → 安全感



感受安全 → Fight or Fly

↑ 慣性

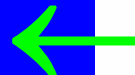
空間 + 距離



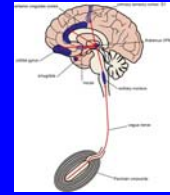
open-end &s
AL &s
緊急

包容

Allow to press



Polyvagal Theory

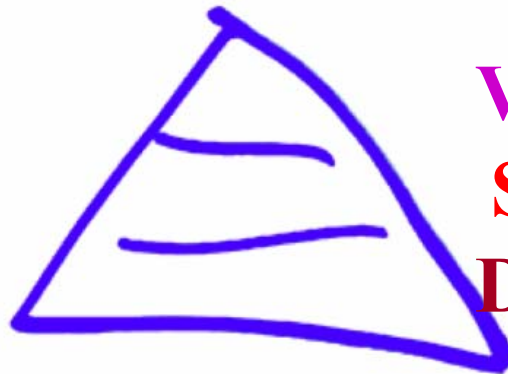


S.N.

P.S.N.

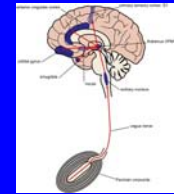
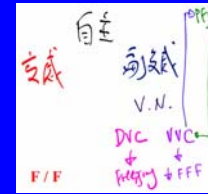


S.N.
DVC
VVC



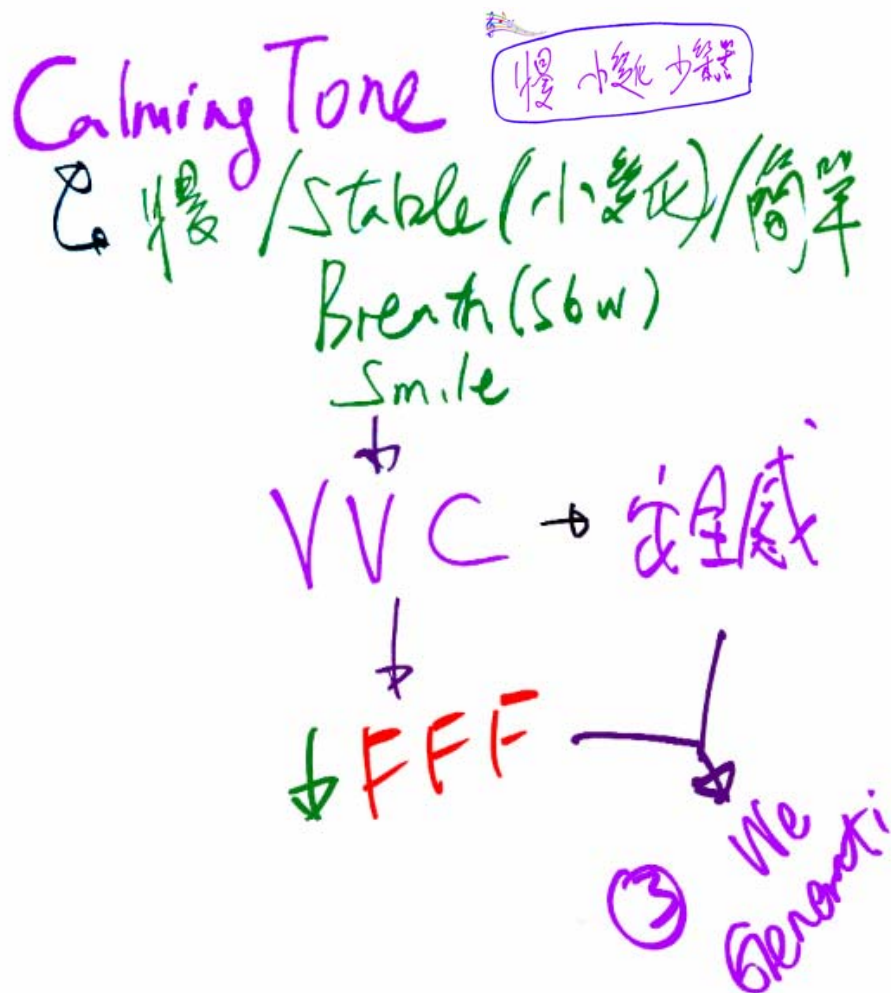
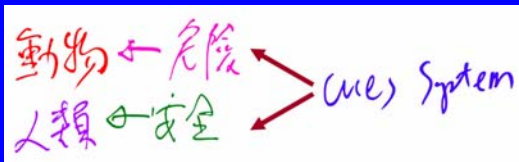
VVC
S.N.
DVC





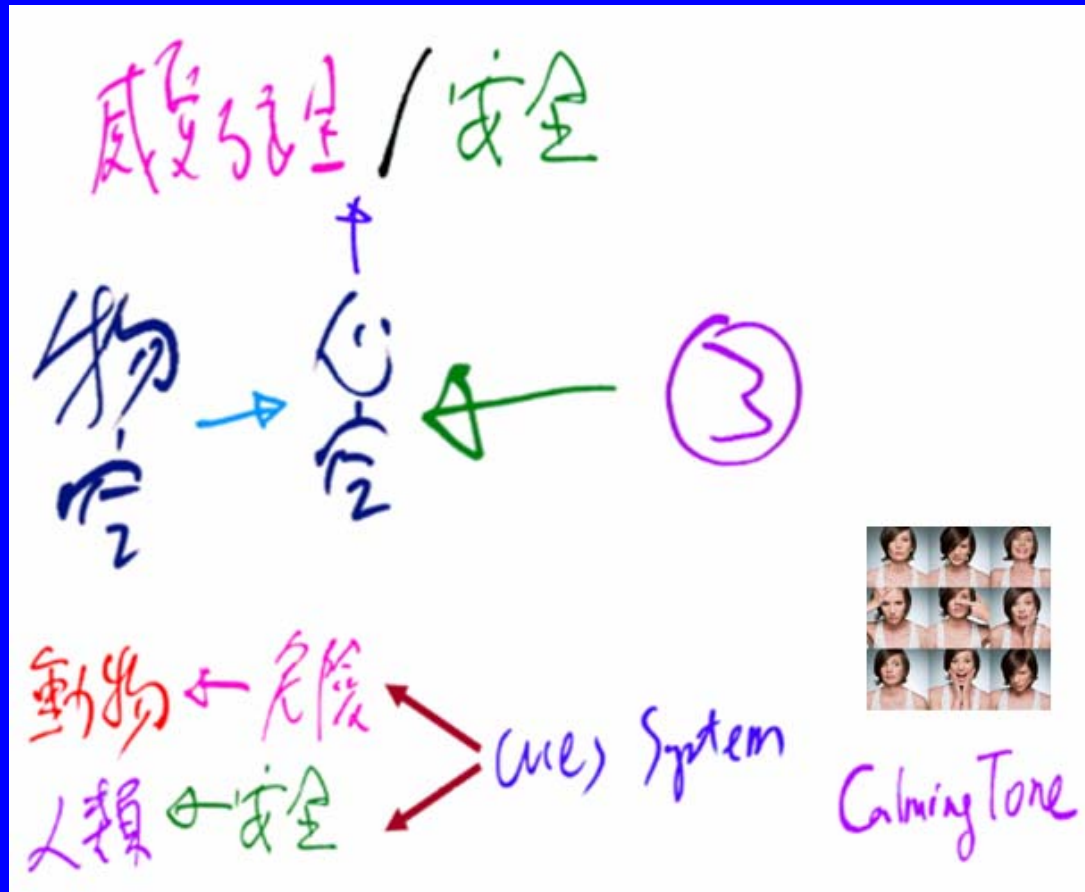
動物 ← 危險
人類 ← 安全

UCL System



ConverTypes – Venturing Skills

Con-Converse
Open
Net-Versing
Venturing
E



Converse C9

I - Possibility → I Resist



We - Possibilities



We - Generati



Calming Tone

(we) System



沒有技術
沒有方法
沒有原理

只有體會

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