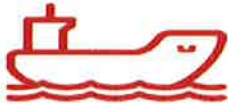




MODULE 3: KEEP THINGS IN PERSPECTIVE



KEEP THINGS IN PERSPECTIVE

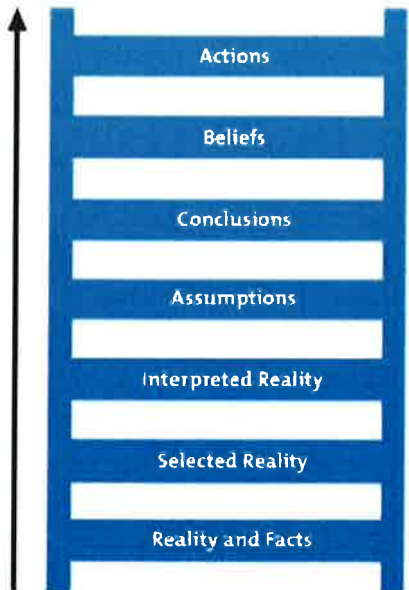
TOPIC	DETAILED INFORMATION	
BACKGROUND INFORMATION	Resilience Concept: Keeping Things in Perspective <ul style="list-style-type: none">➤ Inner dialogue influences individual's perception of events, + and -.➤ Individual choice in response to events.	Behavioural Safety Concept: Communication and Engagement <ul style="list-style-type: none">➤ Translate high level messages.➤ Actively seek information.➤ Respond, participate, provide feedback
MODULE OVERVIEW	<p>Our comfort zone is the area in which we operate and feel comfortable. Sometimes we are pushed or push ourselves past our comfort zone and this can feel uneasy. When this happens, putting events into perspective can de-escalate the situation and even broaden your comfort zone.</p> <p>This starts with being less hard on ourselves and by becoming more aware of how our inner dialogue can misinterpret situations which influences our views and our mood-- think back to those childhood cartoons where a devil would appear on one of Donald Duck's shoulders and an angel on the other.</p> <p>Inner dialogue is linked to emotions and everyone can develop the ability to influence this. In uncomfortable situations, influencing your inner dialogue allows you to slow down your thinking and creates room for making choices. This can be particularly important when making choices that affect safety.</p>	



THE LADDER OF INFERENCE

What is it?

The ladder of influence is a way of describing how we get from a fact to a decision or action. It can often be known as "jumping to conclusions" and happens every day in a split second. The picture shows each stage of this process:



How does it work?

Starting on the bottom rung, we have reality and facts. From there we;

- Experience these differently based on our beliefs and previous experience.
- Interpret what this means.
- Apply our existing assumptions or perspective, sometimes without thinking.
- Draw conclusions based on these interpreted facts.
- Develop further beliefs on these conclusions.
- Take action on these conclusions because they are based on what we believe.

This can create a feedback loop. Our beliefs have a big effect on how we select some facts and choose to ignore others. Soon we are jumping to conclusions by missing facts.

An example;

It can be simple things like, 'Now where did I put my keys?'

Or it can be longer strings of thoughts that lead us to a conclusion- which may or may not be correct;

Where are my binoculars? I always put them in the same place.at the end of my watch.

I bet the last watch keeper has moved them.

They are always losing their stuff and now my stuff too.

They have no respect for my things or me. I'm going to get in trouble with the boss because of them.

Most of us will have experienced situations where we have become frustrated and



KEEP THINGS IN PERSPECTIVE – EXERCISE ONE

Here are some examples of climbing the ladder of inference;

1. Engine Room watch handover

- *You arrive ready to start your watch.*
- *The previous watch was tasked with making the necessary preparations to leave port.*
- *When you arrive, you find that this work has not been done. This is the third time this has happened.*
- *Now you must complete the work in order to be able to leave port on time.*

Internal monologue:

1. *They knew that it was their responsibility to do this.*
2. *This isn't the first time I've been left having to do their work too.*
3. *I will be blamed for missing the tide and not leaving on time.*
4. *The previous watch is lazy and incompetent*

2. The coffee container is empty

- *I was looking forward to having a cup of coffee while on my watch tonight only to find, when I go to make it, that the coffee container is empty.*
- *Now I have no coffee for the rest of my watch.*

Internal monologue:

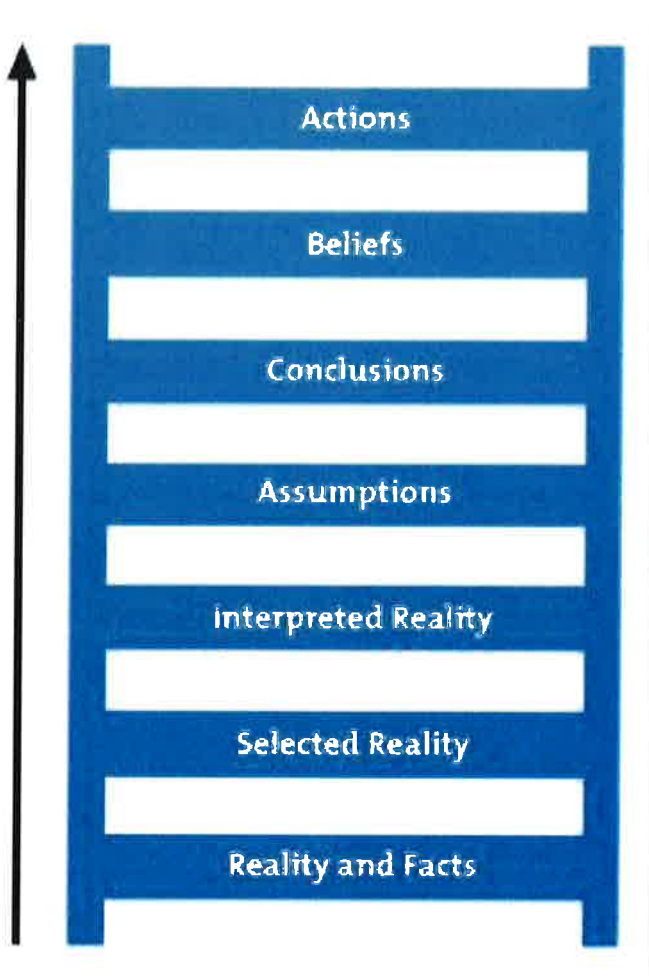
1. *Why would someone use the last of the coffee and not replenish it?*
2. *Someone here is inconsiderate and lazy.*
3. *The last person here was the new guy.*
4. *It must have been him.*

★ Now think of your own example. Write it here;



KEEP THINGS IN PERSPECTIVE – EXERCISE ONE

- ★ Now in pairs, pick one example and write next to each rung of the ladder, the thoughts that led you to your conclusion;





CHALLENGING QUESTIONS

You can interrupt the climb up the ladder of inference, by asking yourself some of these challenging questions;

Look for Evidence

What's the evidence for and against my thought?
Am I focusing on the negatives and ignoring other information?
Am I jumping to conclusions without looking at all the facts?

Search for Alternative Explanations

Are there any other possible explanations?
Is there another way of looking at this?
How would someone else think if they were in this situation?
Am I being too inflexible in my thinking?

Put Thoughts into Perspective

Is it as bad as I am making out? What is the worst that could happen?
How likely is it that the worst will happen?
Even if it did happen, would it really be that bad?
What could I do to get through it?

For example, using the engine room handover scenario

1. *They knew that it was their responsibility to prepare to leave port.*
Challenge - Are there any other possible explanations as to why they didn't do it?
2. *This isn't the first time I've been left having to do their work too.*
Challenge - Am I focusing on the negatives and ignoring other information?
Challenge - Is there another way of looking at this?
3. *I will be blamed for missing the tide and not leaving on time.*
Challenge - Am I being too inflexible in my thinking?
Challenge - Is it as bad as I am making out?
4. *The previous watch is lazy and incompetent.*
Challenge - Am I jumping to conclusions without looking at all the facts?
Challenge - How would someone else think if they were in this situation?