

# Transcript

## Template 3 – MINDSET – Introduction

Step 3 is where you learn to observe and analyze yourself to get to know yourself well. So, you will be doing this from 7 perspectives that we call dimensions that are represented by the mnemonic MINDSET.

So, this “M” stands for Mechanism, psychological mechanisms such as acceptance or rejection, projection, etc.

“I” for Intrinsicness. So, whether you live from the inside, so draw your experiences from the inside of you or depend on the outside to experience something.

“N” is for Notion of yourself or of your world, also called concepts or schemas, so it is how you formulate what you understand of yourself or of your world.

“D” is for Doing or acting or behaviour.

“S” is for anything Somatic or about the body, sensations, anything that you feel at the body level.

“E” which stands for Emotion or mood or feeling.

And “T” for Thought is about thinking or ideas, the style of thinking whether it’s balanced, logical or not, but also, about mental images.

So, that is the thorough dimensions of observation and analysis so you will be able to get a thorough observation and analysis of yourself but also over time to understand the interactions between these various dimensions. So how emotions may affect the body or thought may affect the body or thought may affect emotion or vice versa or how everything leads to your behaviour and so on and so forth. So, it’s a very dynamic, thorough knowledge of yourself in every situation over time.