



Positive Intelligence Notizen

Alle Inhalte, die mit gelber Farbe markiert sind, wurden zuletzt neu hinzugefügt!

WEITERFÜHRENDE LINKS:

 [Video: gutes Einstiegs-Video, dass Positive Intelligence erklärt](#)

 [Saboteur Test](#)

 [PQ Score Test](#)

 [PQ Gym Audios](#)

 [Gute Podcast-Reihe, in der sehr schön die PQ-Methode vorgestellt wird](#)

1. BIG IDEAS AUS DEM BUCH:

#1 All your distress is self-generated. All the unpleasant stuff that makes up your suffering (like anxiety, disappointment, stress, anger, shame, guilt) is generated by your own Saboteurs.

#2 Schmerz ist nur für kurze Zeit notwendig. Similar to feeling pain when you touch a hot stove, psychological pain is only in the beginning useful. A few seconds of psychological pain should alert you to shift your mind to the Sage mode so you can deal with the situation without further distress and damage from your Saboteurs.

#3 Our minds are our own worst enemies; the mind harbors characters that actively sabotage our happiness and success. These Saboteurs can easily be identified and weakened.

#4 The “muscles” of the brain that give us access to our greatest wisdom and insights have remained weak from years of not being exercised. These brain muscles can easily be built up to give us much greater access to our deeper wisdom and untapped mental powers.

#5 Exercises that focus on one or both of these dynamics (aus den beiden vorangehenden Punkten) can dramatically improve one’s PQ in a relatively short period of time. The result is dramatic improvement in performance and happiness, in both work and personal life.

#6 Most attempts at positive change fail because we stop at insight and don’t build habits. Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice.

2. WAS IST POSITIVE INTELLIGENCE?

Positive Intelligence:

Your mind can be your best friend (serve you). But it can also be your worst enemy (sabotage you).

With Positive Intelligence you can both measure and significantly improve the percentage of time that your mind is serving you rather than sabotaging you.

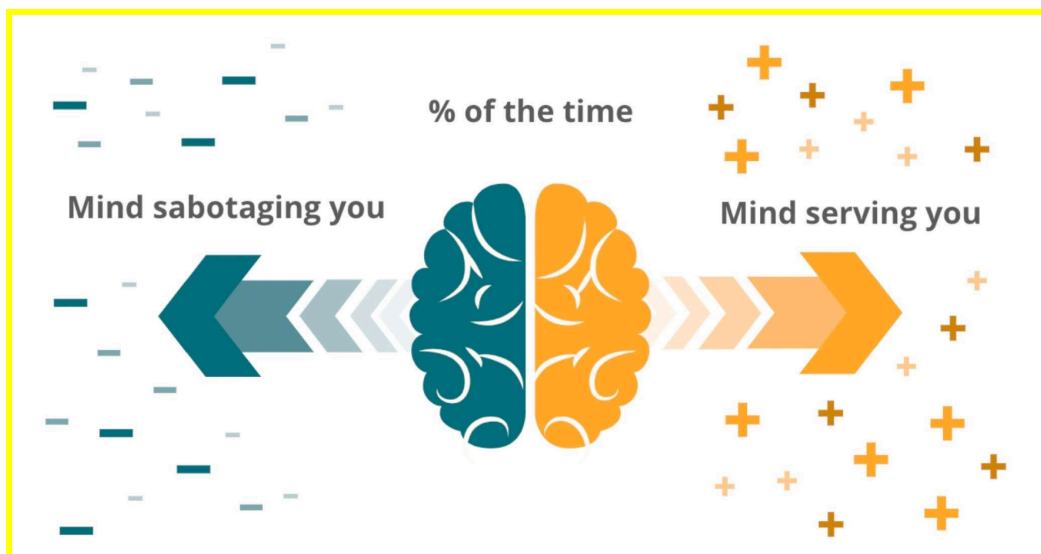
High Positive Intelligence means your mind acts as your friend far more than as your enemy. Low Positive Intelligence is the reverse. Positive Intelligence is therefore an indication of the control you have over your own mind and how well your mind acts in your best interest.

PQ:

PQ stands for Positive Intelligence Quotient.

Your PQ is your Positive Intelligence score, expressed as a percentage, ranging from 0 to 100.

PQ measures the percentage of time that your brain is working positively (serving you) versus negatively (sabotaging you).



Benefits:

- These tools pack a strong punch in a short time in order to fit busy and demanding lives
- permanently shift the balance of power inside your mind
- shift your mind-set from anxiety, disappointment, guilt, and blame to curiosity, creativity, excitement, and resolute action.
- increased sense of peace and happiness
- impressive professional and financial gains
- An analysis of more than two hundred different scientific studies, which collectively tested more than 275,000 people, concluded that higher PQ leads to higher salary and greater success in the arenas of work, marriage, health, sociability, friendship, and creativity.

- Salespeople with higher PQ sell 37 percent more than their lower-PQ counterparts.
- Higher-PQ workers take fewer sick days and are less likely to become burned out or quit.
- increasing your PQ results in greater happiness and performance, leading to greater success.
- achieve greater success and greater peace and happiness
- Learn to understand the mechanisms of the mind that lead to happiness or unhappiness, success or failure
- By raising my PQ, I have been able to convert the considerable difficulties and challenges of my own life into gifts and opportunities for greater success, happiness, and peace of mind.
- Maintain Deep peace and a clear mind even in the biggest crises of your life

3. DREI STRATEGIEN, UM POSITIVE INTELLIGENCE ZU STEIGERN:

1. Weakening your saboteurs
2. Strengthen your sage
3. Strengthen your PQ Brain muscles

Each of these three strategies can be carried out by using techniques that take ten seconds or less.

#1 Weakening your saboteurs:

Weakening your Saboteurs involves identifying which thought and emotion patterns come from your Saboteurs and seeing clearly that they don't serve you.

These Saboteurs justify themselves and pretend they are your friends—even worse they pretend they are you.

The first thing to remember is that if you're in negative emotion for more than a second, you're in Saboteur mode.

To weaken your Saboteurs, all you need to do is to observe and label Saboteur thoughts or feelings when they show up. For example, you might say to yourself, "Oh, the Judge is back again, saying I'm going to fail"

#2 Strengthen your sage:

Strengthening your Sage involves shifting to the Sage perspective and accessing the five powers it uses to meet every challenge.

You will see for yourself that you do have this Sage inside of you, and that it always offers you far superior ways to handle your challenges than the options the Saboteurs offer.

Every time you choose the Sage perspective, or observe and label your Saboteur thoughts or feelings, you automatically activate and strengthen your PQ Brain.

#3 Strengthen your PQ Brain muscles:

Strengthening your PQ Brain muscles involves understanding the difference between your PQ Brain and your Survivor Brain.

Your PQ Brain muscles have remained underdeveloped over the years while your Survivor Brain muscles have been on steroids.

	SURVIVOR BRAIN	POSITIVE INTELLIGENCE BRAIN
ANATOMY	Brainstem, Limbic System, Left Brain	Middle Prefrontal Cortex, Empathy Circuitry*, Right Brain
EMOTIONS	Anxiety, Anger, Disappointment, Shame, Guilt, Regret, Blame	Curiosity, Empathy, Joy, Creativity, Peace, Calm Resolve, Gratitude
VOICE	Saboteurs	Sage
FOCUS	Survive	Thrive

These PQ-Strength-exercises help activate your PQ Brain, which in turn gives you greater access to your Sage perspective and powers.

Stimulating your PQ Brain weakens your Survivor Brain (your saboteurs).

Wie kann man sein PQ Brain trainieren?

- PQ Reps Exercise Möglichkeiten:
 - Touching
 - Breathing
 - Walking
 - Sitting down
 - Listening
 - Tasting
 - Seeing
- Ich kann die 100 Reps pro Tag auf unterschiedliche Art und Weise ansammeln:
 - 3 x täglich alle 3h Timer stellen
 - Immer wenn ich Saboteur wahrnehme, mache ich 10sec PQRep!
 - Bewusst triggernde Aufgaben aussuchen, um dort dann die Übung zu nutzen
 - Mit bestehenden Routinen verbinden
 - auf Toilette gehen

- Kaffe machen/trinken
- achtsam Essen (mind. 10 PQ Reps pro Mahlzeit)
- Bevor ich Handy entsperre
- Wenn ich Franni umarme
- Bei meinen Dehnübungen
- Bei meinen Liegestützen
- PQ Gym Audios anhören/ Meditieren

4. THE SABOTEURS

The Saboteurs are the internal enemies. They are a set of automatic and habitual mind patterns, each with its own voice, beliefs, and assumptions that work against your best interest.

Saboteurs are deeply ingrained patterns of thinking and behavior that limit your potential and hinder your ability to perform at your best. Saboteur patterns can manifest in various forms, such as the Controller, the Hyper-Achiever, the Victim, and more. Each Saboteur has a unique way of sabotaging your wellbeing and success.

Saboteurs are the automatic mental patterns that undermine our confidence, authenticity, and personal growth.

Saboteurs are universal!

- The question is not whether you have them, but which ones you have, and how strong they are.
- Everyone got them, because they are connected to the functions of the brain that are focused on survival.
- We each develop Saboteurs early in childhood in order to survive the perceived threats of life, both physical and emotional. By the time we are adults, these Saboteurs are no longer needed, but they have become invisible inhabitants of our minds. We often don't even know that they exist.

Saboteurs are not interested in resolution. They are only interested in being right.

Your Saboteurs are never necessary to meet any challenge.

The invisible Saboteurs wreck any attempt at increasing either your happiness or your performance. It is very important to identify them, because the worst damage is caused by those enemies who have convinced you through their lies that they are working for you rather than against you.

Stress feeds and fuels Saboteurs. They get stronger and more active with increased stress.

Why do our efforts to improve our lives fail so often?

- initial improvements typically fizzle or at least erode significantly. The question is, why?
- The key to the answer, as I previously suggested, is one word: sabotage.

- Unless you tackle and weaken your own internal enemies—we'll call them the Saboteurs—they will do their best to rob you of any improvements you make.
- Ignoring your Saboteurs is analogous to planting a beautiful new garden while leaving voracious snails free to roam.

You can give your Saboteurs their own names. It is important that you recognize them easily.

#1 Judge:

The Judge is the master Saboteur, the one everyone suffers from. It compels you to constantly find faults with yourself, others, and your conditions and circumstances.

The Judge's perspective is that many outcomes and circumstances are bad—certainly not gifts—and are therefore legitimate reasons to feel distress.

When our Judge says something is bad, we need to take that statement with a grain of salt—if not outright dismissal. Our Judge convinces us that we know what is good and bad at any given moment, but the truth is that we actually don't.

Our Judge's perspective is narrowly focused—it has severe tunnel vision. It reacts to the immediate effect of something, ignoring the many longer-term possibilities of its impact that could easily be the opposite.

Anxiety, disappointment, frustration, shame, blame, and guilt, the Judge's favorite feelings, are never your best fuel for action. Those fuels might propel you forward, but with a huge amount of pollution and wasteful friction along the way. The moment you allow yourself to feel the distress of the Judge, you have validated his perspective; you are wasting precious moments of your life in distress.

The Judge is often well disguised, and we often don't realize when we are judging.

Most feelings of stress, anxiety, frustration, disappointment, regret, and guilt are the direct results of judging yourself, others, situations, or outcomes.

Der Judge liebt es dich für vergangene Fehler zu kritisieren und sie immer wieder hervorzuholen! >>
There is no redeeming value in your Judge repeatedly pondering your past mistakes. Going over a mistake once as an attempt to learn from it and not repeat it is helpful. But to be badgered multiple times is not useful.

#2 Avider:

The Avider focuses on the positive and the pleasant in an extreme way. It avoids difficult and unpleasant tasks and conflicts. It leads you to the habits of procrastination and conflict avoidance.

the Avoider Saboteur stands out for its tendency to evade challenges, procrastinate, and resist facing discomfort

The Avoider Saboteur is a master of evasion, steering you away from difficult tasks, uncomfortable emotions, and necessary confrontations.

When you listen to the Avoider and deny conflicts and don't address negatives, you cannot turn challenges into gifts and opportunities.

While the Avoider Saboteur may temporarily relieve discomfort or fear, its tactics ultimately hinder growth, success, and wellbeing.

The Original Survival Function of the Avoider

- The Avoider Saboteur could stem from a happy or a difficult childhood.
- In a happy childhood, you may not have learned the resiliency of dealing with difficult emotions.
- If you experienced high conflict and tension in childhood, the Avoider might have originated to play peacemaker.
- It may also manifest as a way of preventing more negativity and tension on top of your existing family tensions.

Characteristics of the Avoider

- The Avoider Saboteur avoids conflict and has difficulty saying no.
- It resists others through passive-aggressive means rather than directly.
- The Avoider gets lost in comforting routines and habits and procrastinates unpleasant tasks.
- The Avoider also keeps relationships superficial through conflict avoidance. Other people may trust the Avoider less as they are unsure when the Avoider is withholding negative information.

Minimize the Influence of the Avoider

In addition to intercepting the Avoider and performing PQ Reps, try these techniques to minimize the Avoider's influence in your life:

1. Set Clear Goals: Define achievable goals and break them into manageable tasks. Focus on taking one step at a time to help prevent procrastination.

2. Challenge Perfectionism: Each time you make a mistake, think of ways to use it as an opportunity for learning and growth.

3. Practice Mindfulness: Cultivate awareness of your avoidant tendencies and the underlying emotions that accompany them. Practice labeling these emotions as Saboteur and let them go.

4. Create a Support System: Surround yourself with a supportive network of friends, family, mentors, or coaches who can provide feedback and perspective. Share your challenges openly and seek to explore growth opportunities.

5. Visualize Success: Use visualization techniques to imagine successful outcomes and overcome the fear of failure. Focus on the positive benefits of taking action.

#3 Pleaser:

The Pleaser compels you to try to gain acceptance and affection by helping, pleasing, rescuing, or flattering others constantly. It causes you to lose sight of your own needs and become resentful of others as a result.

the Pleaser Saboteur stands out for its deep-rooted need for approval, fear of rejection, and tendency to prioritize others' needs over one's own.

The Original Survival Function of the Pleaser

- The Pleaser tries to earn attention and acceptance by helping others.
- This is an indirect attempt to have one's emotional needs met.
- Two original assumptions, picked up in childhood, feed the Pleaser.
 - 1. I must put others' needs ahead of mine.
 - 2. I must give love and affection to get any back. I must earn it and am not simply worthy of it.

Characteristics of the Pleaser

- The Pleaser has a strong need to be liked by people and attempts to earn it by helping, pleasing, rescuing, or flattering them.
- The Pleaser needs frequent reassurance from others about their acceptance and affection.
- The Pleaser can't express needs openly and directly. Instead, the Pleaser expresses needs indirectly by making people feel obligated to reciprocate care.

#4 Hyper-Vigilant:

The Hyper-Vigilant makes you feel intense and continuous anxiety about all the dangers surrounding you and what could go wrong. It is constantly vigilant and can never rest. It results in a great deal of ongoing stress that wears you and others down.

#5 Stickler:

Perfectionism and a need for order and organization taken too far. It makes you and others around you anxious and uptight. It saps your own or others' energy on extra measures of perfection that are not necessary. It also causes you to live in constant frustration with yourself and others over things not being perfect enough.

#6 Hyper-Achiever:

The Hyper-Achiever makes you dependent on constant performance and achievement for self-respect and self-validation. It keeps you mainly focused on external success, leading to unsustainable workaholic tendencies and loss of touch with deeper emotional and relationship needs.

#7 Victim:

The Victim wants you to feel emotional and temperamental as a way of gaining attention and affection. It results in an extreme focus on internal feelings, particularly painful ones.

#8 Hyper-Rational:

The Hyper-Rational involves an intense and exclusive focus on the rational processing of everything, including relationships.

#9 Restless:

The Restless is constantly in search of greater excitement in the next activity or through perpetual busyness. It doesn't allow you to feel much peace or contentment with your current activity. It gives you a never-ending stream of distractions that make you lose your focus on the things and relationships that truly matter.

#10 Controller:

The Controller runs on an anxiety-based need to take charge, control situations, and bend people's actions to one's own will. It generates high anxiety and impatience when that is not possible.

5. THE SAGE

If your Saboteurs represent your internal enemies, your Sage represents the deeper and wiser part of you.

Your Sage is your voice of inner wisdom and handles challenges with a clear and calm mind and positive emotions.

The Sage Perspective:

The Sage perspective is about accepting what is, rather than denying, rejecting, or resenting what is. The Sage perspective accepts every outcome and circumstance either already as a gift and opportunity or that it could be actively turned into one.

Your Sage moves you into action not out of feeling bad, but out of empathy, inspiration, the joy of exploration, a longing to create, a desire to contribute, and an urge to find meaning in the midst of even the greatest crises. From the Sage perspective, there is no such thing as a bad circumstance or outcome. Every outcome simply points to the first step toward the next positive outcome. The Sage moves you one positive step at a time, regardless of what life throws at you.

Your Sage has access to your wisdom, insights, and often untapped mental powers.

Your Saboteurs and your Sage are literally fueled by different regions of your physical brain and are strengthened when you activate those regions.

The 5 Sage Powers:

Your Sage has access to your five great powers:

#1 Empathy

To Empathize with yourself and others and bring compassion and understanding to any situation

- Empathizing is about feeling and showing appreciation, compassion, and forgiveness for yourself and others. (Anerkennung, Mitgefühl, Vergebung)
- is most useful when the recipient of the empathy is feeling some emotional pain and difficulty
- use empathy when the emotional reserve is running low, when the person needs some recharging before moving on with problem-solving action
- Power Game: Visualize the Child

#2 Exploration

To Explore with great curiosity and an open mind

- is about exploring in a pure way & experiencing great curiosity and fascination in discovery
- like a child walking along a beach and turning over rocks to see what's underneath

- is helpful when understanding a problem or situation more deeply could put you on a better path forward
- is also critical for learning from our past failures and mistakes. We often avoid exploring our mistakes and failures fully because the Judge's presence makes the act too painful or too contentious
- Power Game: Fascinated Anthropologist >> become a keen observer and discoverer of what simply is, without trying to judge, change, or control the situation.

#3 Innovation

To Innovate and create new perspectives and outside-the-box solutions

#4 Navigation

To Navigate and choose a path that best aligns with your deeper underlying values and mission

#5 Decisive Action

To activate and take decisive action without the distress, interference, or distractions of the Saboteurs.

You have a great reservoir of these powers within you, which often goes untapped.

Not every challenge will require all five powers, or require them in any particular order.

The "power games" will help you access and boost the Sage's five powers whenever you need them.

Weitere Notizen zum Sage:

The Sage and its five powers can meet every challenge, no matter how momentous or daunting. It meets challenges in a way that results in the best outcome while at the same time generating positive emotions and minimizing negativity and stress.

Absolutely every challenge in work and life can be met with the Sage, its perspective, and its five powers.

If you use your Sage to overcome these challenges, you will experience Sage feelings of curiosity, compassion, creativity, joy, peace, and grounded decisiveness even in the midst of great crises.

Accepting a bad outcome as a gift does not mean inviting more of it or doing nothing about it.

You don't always have to actively turn a bad situation into a gift. Your other option is to just let it go and put it behind you without any residue of unhappiness, regret, or distress.

Ironically, deciding to just let a negative situation go rather than actively turn it into a gift is a gift in itself: you're strengthening the Sage muscle that allows you to let go of regret, guilt, or shame. This in turn weakens your Judge and strengthens your Sage for the challenges you'll face down the road.

We can't control or choose much of what happens in work and in life. We can, however, determine the impact that these events have on us by choosing how we respond. Let your Sage do the choosing.