

issue 22.2

inspero



Receiving 10 inches of snow is a good motivator to spend some time cultivating your newest issue. I hope you enjoy the content. As always, please reach out if you'd like to see something specific.

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QOTD: M. Scott Peck

Emotion Explored: Emotional Vocabulary
Pinball

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Where to Find us in 2022

Resources:

Wikipedia

Youtube

Pexels

"Identity" –R. Fritz

Experience



M. Scott Peck (1936-2005)
American psychiatrist and author.



Emotional sickness is avoiding reality at any cost.
Emotional health is facing reality at any cost.

Emotion Explored

We are going to skip the word today to talk a little about emotional vocabulary. The goal of this section of the newsletter is to help you (and me) further develop our emotional vocabulary. It's meant to add granularity to your ability to name and describe the emotion(s) that goes with the feeling and physiological activity. The importance of this is found in our subsequent ability to navigate and regulate the responses to our advantage. The connections between the brain and body allow us to experience what we feel, choose a path, and respond differently in the future. This is likely most helpful when it comes to stress. Chronic stress is a source of concern in life satisfaction, relationships, and longevity research. Developing an emotional vocabulary that allows you to recognize (earlier) the signs and symptoms of chronic stress can allow you to make a more targeted change physically and mentally to allow you to buffer or remove the stressor. Our [Resilience Toolkit](#) can also help with this.

Are you a “pinball wizard” or are you the pinball?

Do you feel like you are rolling around life occasionally being hit, launched into bumpers and dropped into sinkholes? Or are you in control – adjusting your speed and trajectory as needed for the obstacles in your path?

How you answered those questions will give you some idea about your “self-efficacy.” Psychologist Albert Bandura coined the term and defined it as “belief in your capacity to execute behaviors necessary to produce specific performance levels.”

You can take a Self-Efficacy Quiz [here](#).

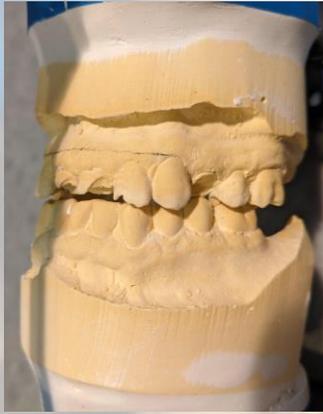
If you are already a pinball wizard, congratulations! Keep rolling!

If you aren't, keep reading.

Self-efficacy is something you can develop. At its core, it's about developing self confidence. Step one is to find some “wins.” Bring the challenge to a level you know you can win. Get a few wins under your belt and notice how it feels. Now, step up the difficulty and get a few more. Keep this cycle going. If you stumble along the way, and you will stumble, it's ok. Try again or determine what is lacking – do you need more training or practice in something? Do you need a helper for the task? Analyze and come back at it. Eventually, you will no longer feel like the pinball.

If you are thinking that is all nonsense, then I have another solution for you. This alternative idea comes from Robert Fritz in his book, “identity.” He claims that it doesn't matter what you think about yourself. What does matter is what you Do. If you have a task in front of you and you think you won't be able to do it, you need to try anyway. What matters to him is action, not how you feel about it. Try it and let me know...

Treatment Planning



This 60-year-old male presented with a request to fix his teeth. He stated he has known for several years that they have been deteriorating. Now he notices occasional discomfort, food impaction and poor esthetics. He is open to knowing all his options and would like to avoid anything removable.

What would you do?

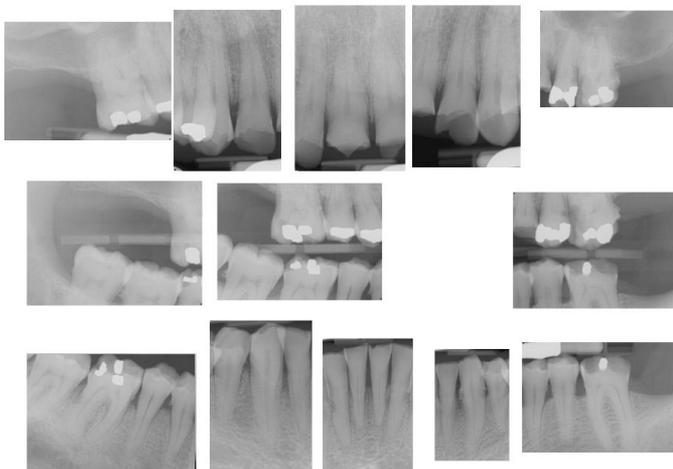
I'll share progress if/when it happens...

The case was mounted in CR. A Leaf Gauge was used to help seat the joint. Patterson Bite Registration used to obtain the bite relationship. The case was then mounted on a Panadent Articulator.

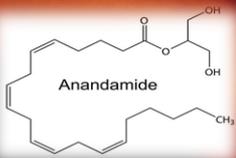
In reviewing the case, I found the options adding up.

We could save all the teeth but some would be extremely compromised. We could extract everything and do dentures, but he indicated he did not want removable. Some teeth have a poor prognosis but removing them will require extensive sinus work to replace. Regardless of the final plan, we decided he should start with Sc/RP in all four quads. This will allow healing to be under way as we sort out what else we want to do...

What does your plan look like?



Share your thoughts with me: Jason@insperoteam.com



For part 2 of our *FLOW* series, let's talk about the neurochemistry of flow.



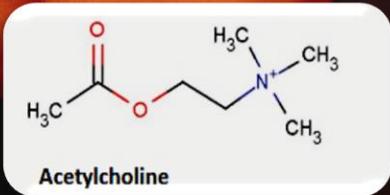
There are six primary chemicals involved in the flow experience. Anandamide binds to cannabinoid receptors and is responsible for a general sense of happiness and well-being. Oxytocin is known for social bonding and trust (think group flow experiences). Serotonin provides feelings of satisfaction.



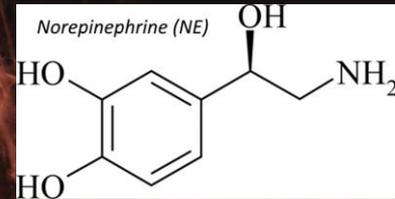
Acetylcholine is responsible for drive and provides focus and alertness.

Norepinephrine is also associated with the drive to perform.

Dopamine is the major player here and is involved in the motivation as well as reward pathways.



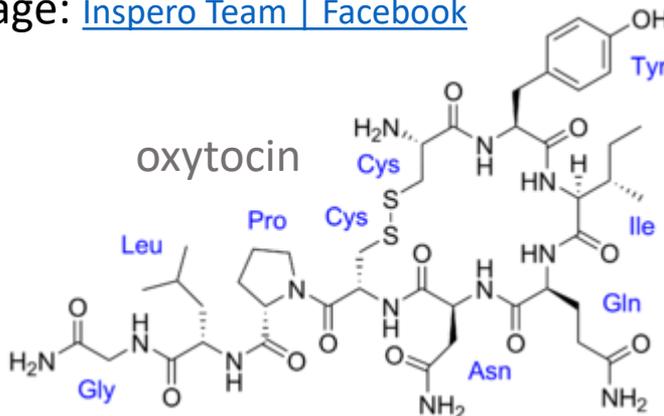
Knowing that these are the primary neurochemicals involved in flow allows us to design circumstances to help promote the release of them intentionally. A first experiment is to think of your top 5 memories – most likely the activities associated with those memories triggered the release of one or more of these neurochemicals. You can use that experience to help guide yourself getting into flow predictably in the future – more to come soon.



Share your story with me: Jason@insperoteam.com

Or on our FB page: [Inspero Team | Facebook](#)

Flow



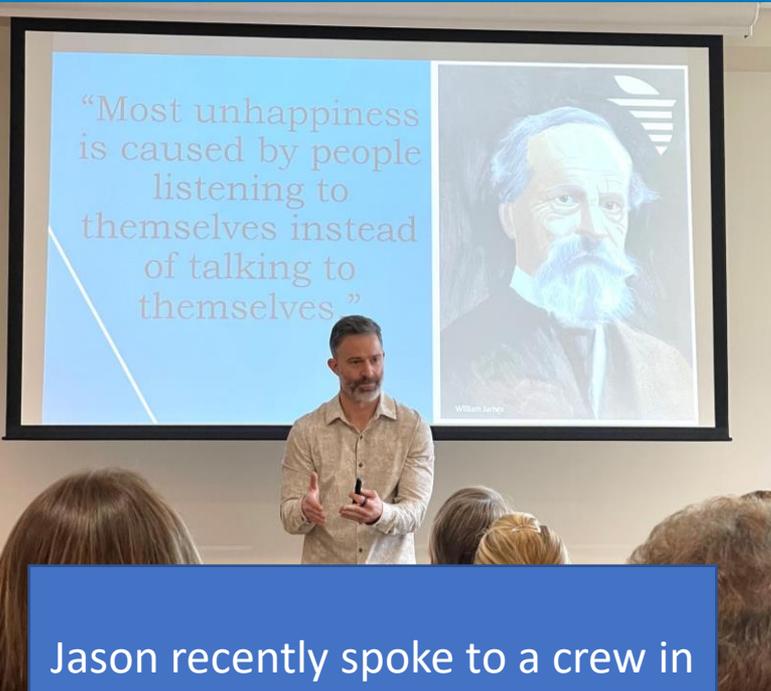
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See us Live!



The New Patient
Experience
April 7-8, 2022
Austin, TX
www.insperoteam.com



Jason recently spoke to a crew in Rochester, MN for a custom ½ day workshop on *Core Values* and *Emotional Intelligence*:
Book a custom workshop for your team:
Jason@insperoteam.com



RLF&A
Emotional Intelligence
November 3-5, 2022
Vermejo Fishing ThinkTank
June 17-18, 2022
www.frazeronline.com

AES meeting in February.
Come see us! www.aes-tmj.org
Creating Smiles is a Serious Business!