



Hand them the Moon

Neuroscience, Conflict and the Thinking Environment

How do we keep each other thinking well in moments of conflict?

Beautiful resolutions of conflict rely on the clarity, accuracy, independence and third-person perspective of each person's thinking.

That thinking relies on the embodiment of all Ten Components of a Thinking Environment in at least one person.

Untrue limiting assumptions lived as true are said to disturb the amygdala and to produce 'avoid' hormones that prevent the cortex (in concert with the limbic system) from producing high-quality thinking and Thinking Environment behaviour.

By working through this sequence of questions, we can replace these untrue limiting assumptions with true liberating ones, allowing us to restore and maintain a Thinking Environment in conflict:

THE MOON SEQUENCE OF QUESTIONS

1. How do you behave in conflict?
2. How would you need to behave differently in order to sustain a Thinking Environment for yourself and the other person?
3. What might you be assuming that stops you from behaving that way?
(What else might you be assuming that stops you from behaving that way?)
What is the key assumption that stops you from behaving that way?
4. What would you **credibly** need to assume instead in order to behave that way?
5. If you knew _____, how would you behave?
(If you knew _____, how else would you behave?)