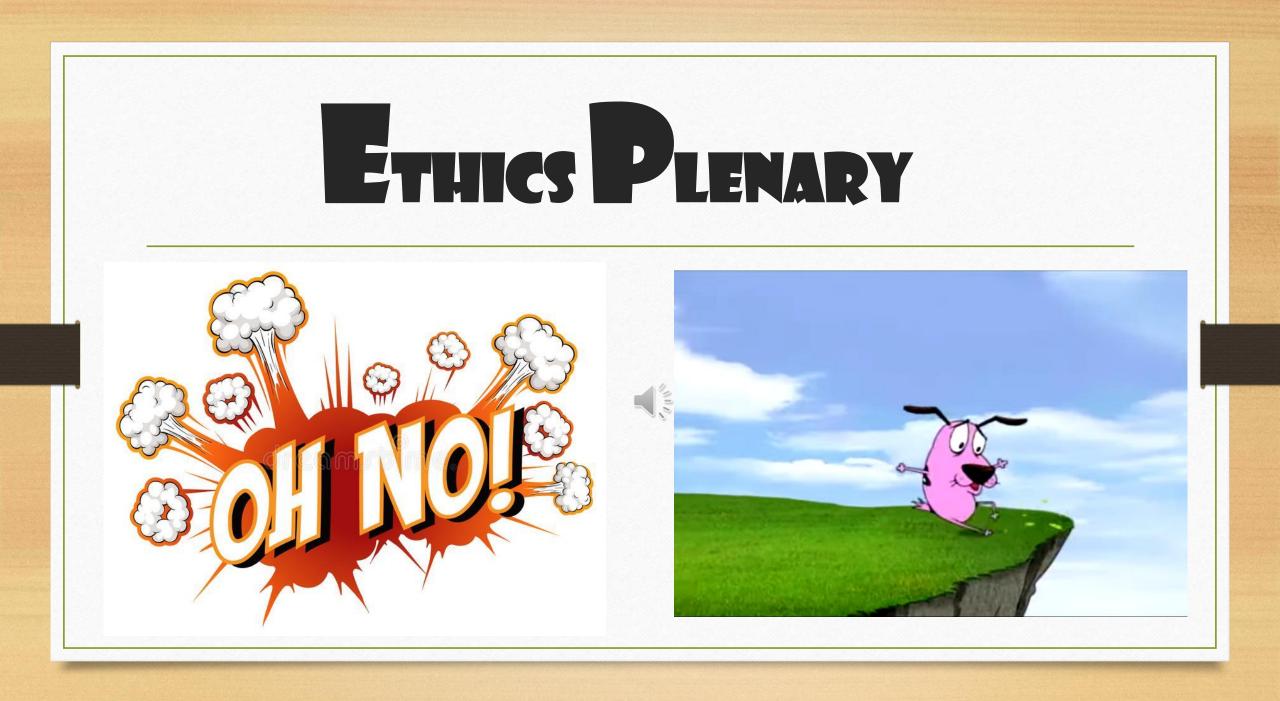
# Received to the second second

Holy Communication

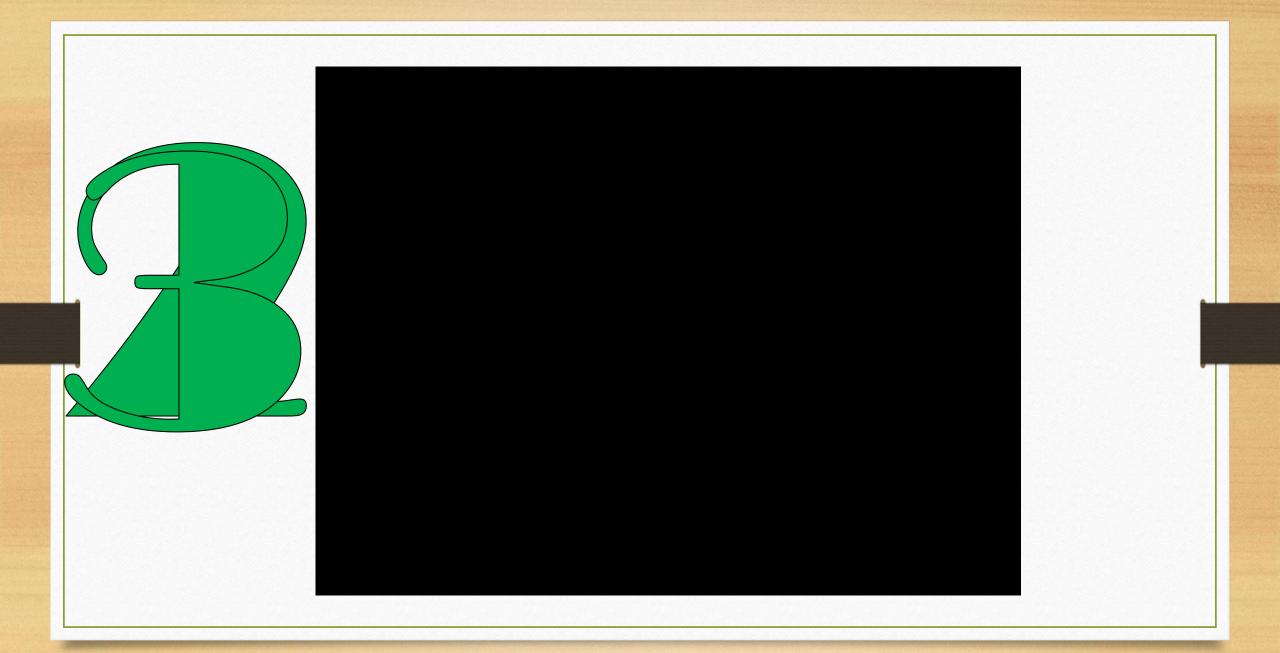
 $\overline{\mathbb{O}}$ 

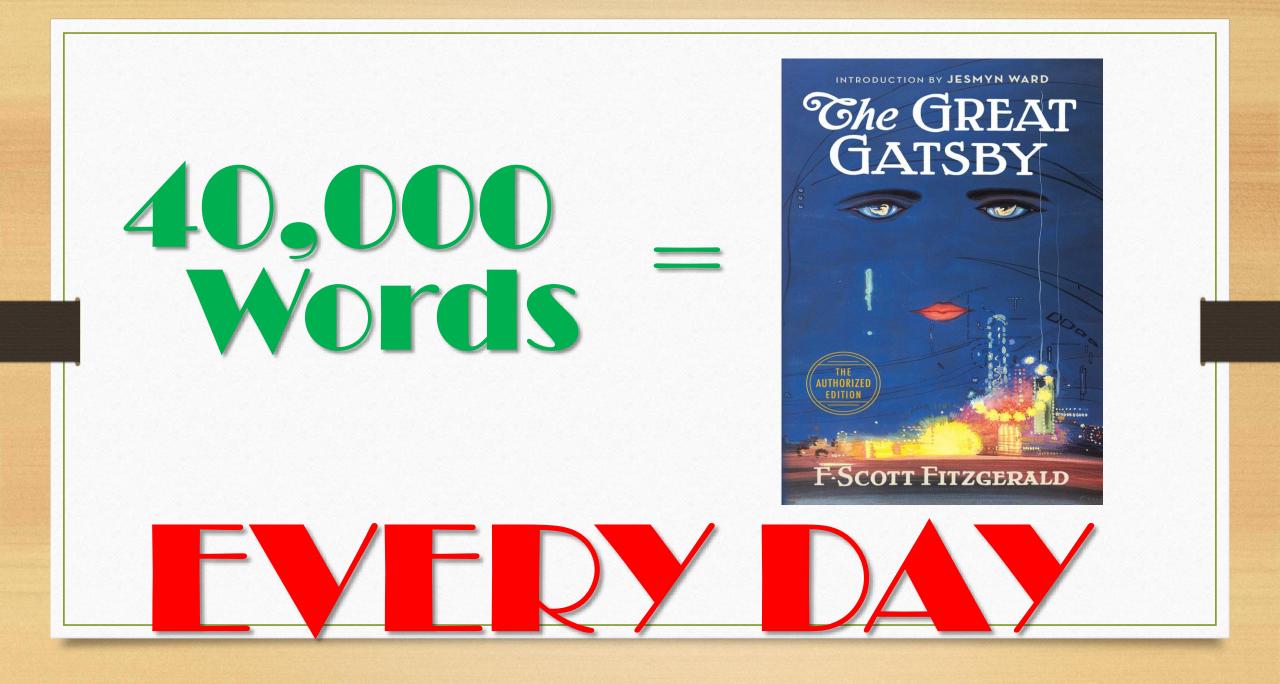
 $\bigcirc$ 



# EXTERNAL CONSIDERATIONS





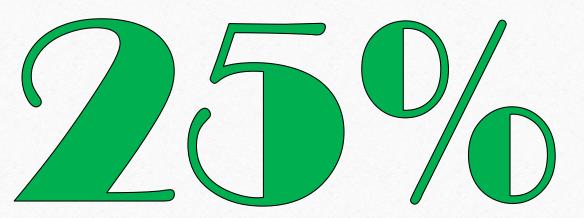






# **PSYCHOLOGICAL CONSIDERATIONS**

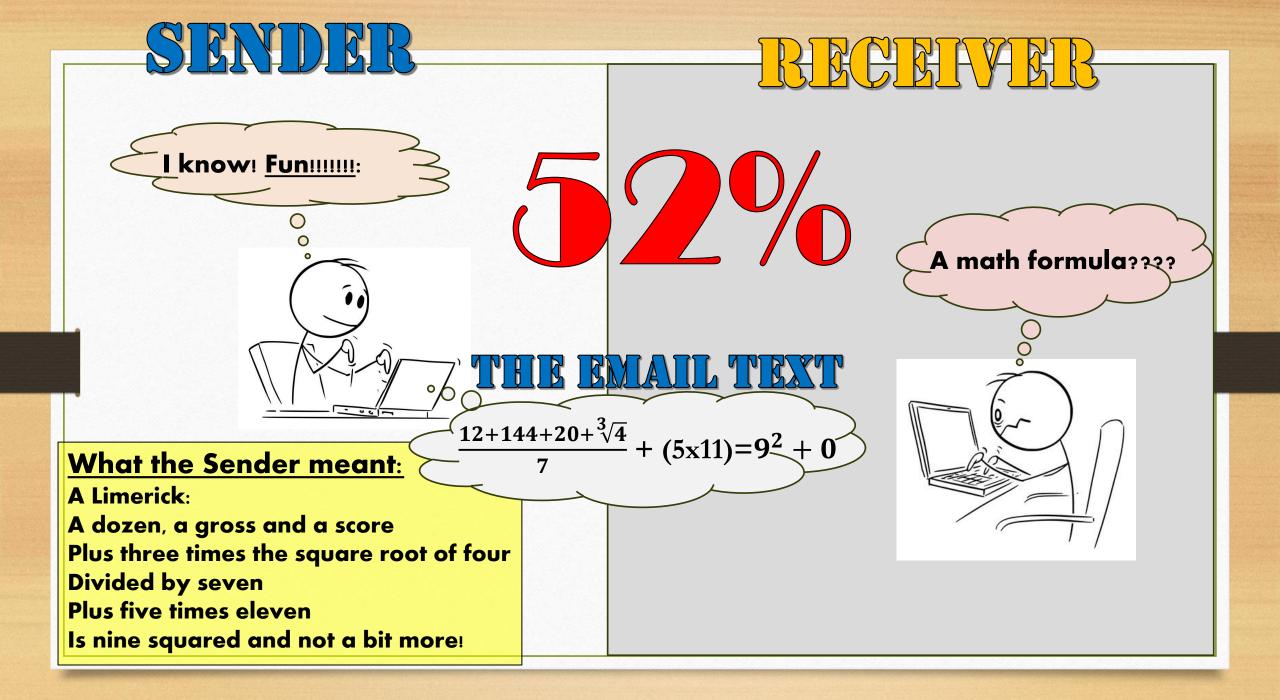
What happhinskwhichhappen email is feldg email



### of the time...

...Receivers give an emoji the *OPPOSITE* meaning







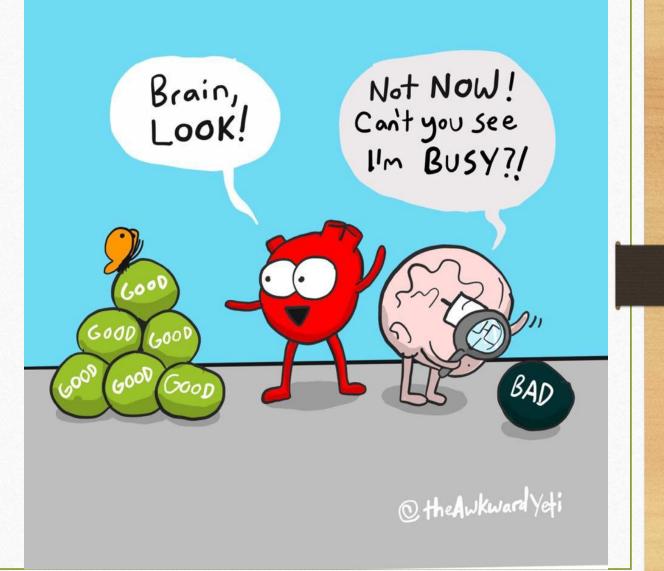


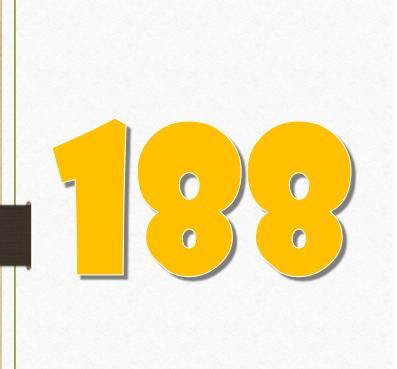


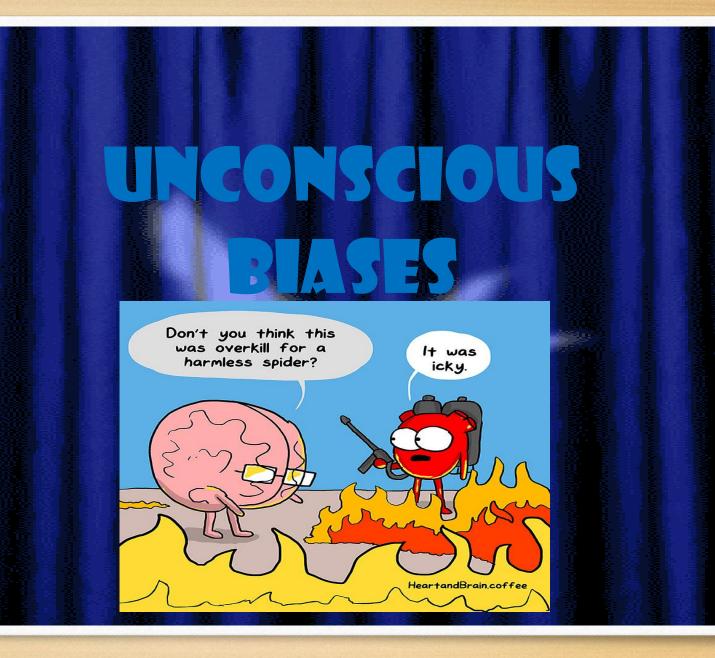
## PHYSIOLOGICAL (BRAIN) CONSIDERATIONS

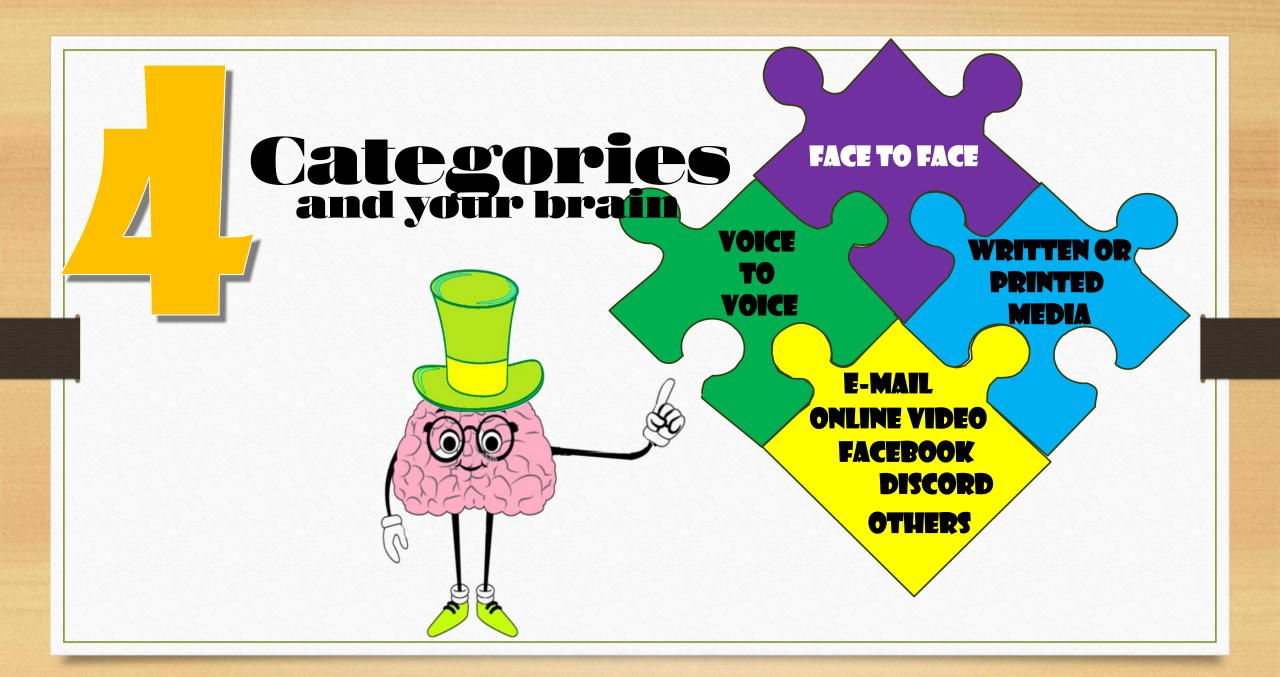


The percentage of neurons in your brain the amygdala uses to look for bad news.











## ...All of this sets us up for...

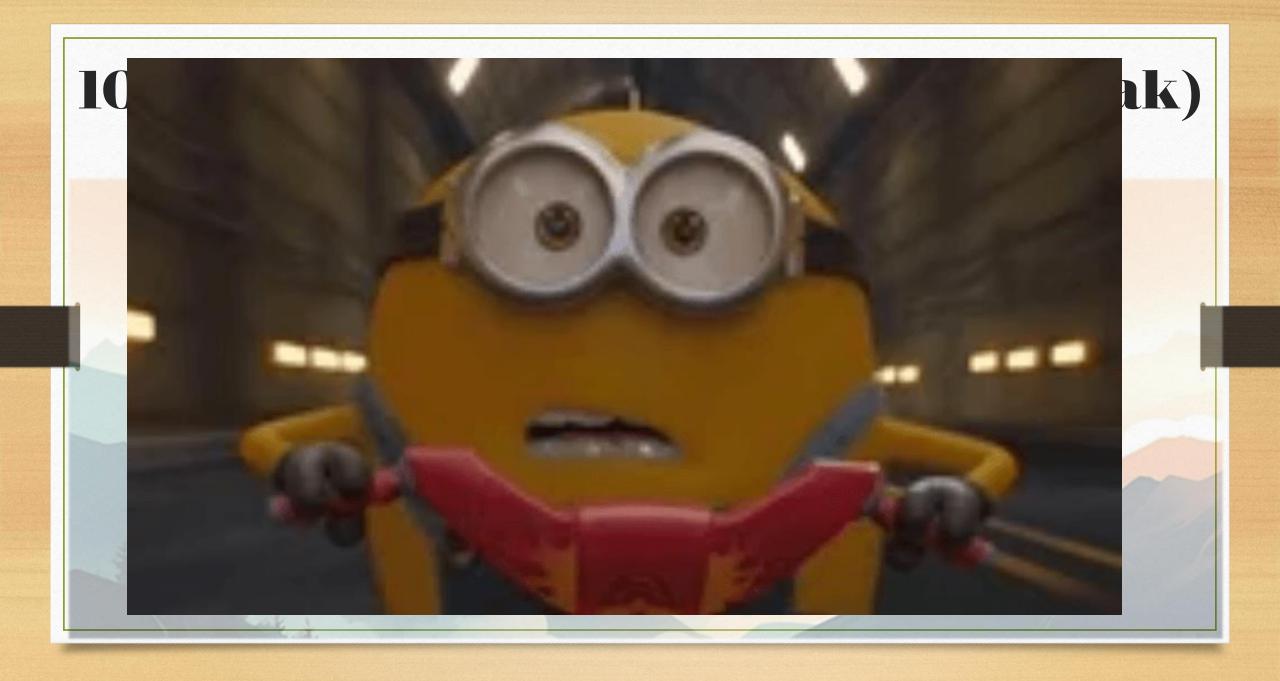


## ...An Amygdala Hijack

## Amygdala "Reset"

1. Stretch your fingers out of open hand 2. extend the pointer of finger of your other hand. 3. Slide the pointer finger up outside of your thumb 4. At the same time, breathe in. 5. Slide your finger down the thumb's other side . 6. At the same time, breath out. 7. Do this for your four fingers. 8. Now go in the opposite direction.





### BURING 0 12. Ov S In decision s in Self Vers with in Mass ŝ ne blac (+ ·D) 5 11. Out 15. Rec Price: HowStuffWorks; LearnVes (oday; The Bias Blind Spot Pes (the of Mess Communication; The control for the Second Spot Pess value Value ,\**!**} lity het ő ź e i percep H ing bia sebo effe Sel 9. Info 13. P ð https://i.insider.com/55ddd6f7bd86ef1e008b6051?width=1200

20 COGNITIVE BIASES THAT SCREW UP YOUR DECISIONS







