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## Partial Lecture notes for Free Download

### DISCOVERING ONE'S DEFAULT MOOD

Gaining the courage to call your attitude a 'leftover'

The default mood may be thought of as the mind's favourite recipe when it doesn't know what other mood to make. (It is your 'screen saver' mood). This habituated feeling is a long out of date mood, feeling or emotion that the brain has learnt to readily produce over many years, whether or not it is still appropriate to the situation. For example, some people have learnt in childhood to feel a sense of despair or hopelessness, and now as adults, repeatedly slip into a 'what's the use' mood – no matter what their circumstances or how much cause for hope there really is.

#### Common examples include:

- Feeling overwhelmed
- Missing out – again
- Some disaster is about to happen
- I'm just a nuisance
- Feeling sad and/or alone
- It's all up to me

What keeps the mood alive is the (existential) belief that my feelings would never lie to me.

I.e. emotion based reasoning. This mood replication is a well-practiced habit, which is its own groove, and verges on the unbearable just enough to be highly unpleasant, but not enough to be totally avoided. It also makes up a considerable part of post-traumatic stress disorder, and is the usual alternative that the mind takes if it opts not to call it unbearable, isolate it and devise various survival kits to suppress it.

The realisation that a certain mood has become so automatic that I can expect it to come up in any given scenario is the telltale sign that it is therefore not to be trusted as a true mediator of the moment. In this way it can be exposed for the mis-representation that it is, and thus the mind can be emboldened to come back at it with internal comebacks (truth coaches).

#### Note also:

Because one's default mood is such a large part of who we are, a brief period of disorientation is normal as the moods are dismissed and replaced with new attitudes. One must now walk in an unfamiliar way, and not 'return home'.

You can't really claim to know a person until you know 2 things about them – their UBF and their default mood.