

Manuale di comunicazione assertiva -riassunto

Capitolo 2

La prospettiva asserisce che le funzioni mentali (linguaggio o memoria) risentano sempre della componente motoria o di quella motivazionale.

I movimenti e le azioni hanno un ruolo centrale nei processi di rappresentazione mentale e apprendimento, dinamica presente fino dalle prime fasi della vita.

- teoria generale dell'azione, talcott parson "l'azione è l'oggetto di studio di tutte le scienze umane"
- L'azione umana presenta sempre dei caratteri di un sistema, ha un approccio sistemico
- Ogni azione si rappresenta come un insieme di unita atto di uno o piu attori

IL SISTEMA COMPORTAMENTO

La comunicazione e il comportamento sono sempre la somma di un composto, ma la somma della comunicazione non è sempre uguale al totale delle sue parti, gli effetti di una comunicazione possono essere anche esponenziali.

Ogni comunicazione può essere considerato come una totalità di unita comportamento e come un sottoelemento di un sistema piu grande (sistema sociale)

Il comportamento quindi non è mai isolato dal resto del sistema.

L'interdipendenza dell'unità comportamento è la prova di un metalivello di sistema comportamentale, che può essere passivo, aggressivo o assertivo.

In un sistema di comunicazione sono 4 i livelli che rappresentano i prerequisiti funzionali per i comportamenti:

- 1) adattamento
- 2) Conseguimento, obbiettivo/scopo/fine
- 3) Latenza
- 4) Integrazione

Per talcott parsons a livello piu generale di analisi si possono considerare l'organismo biologico, la personalità, la cultura e il sistema sociale come 4 sottoinsiemi di analisi del sistema generale di azione, sempre in relazione tra di loro.

- attraverso i sensi si stabilisce il contatto con l'universo, attraverso l'organismo ci si adatta all'ambiente
- La personalità psichica risponde alla funzione del conseguimento (definizione di obbiettivi)
- il sistema sociale rappresenta le funzioni di integrazione, crea solidarietà attraverso le relazioni con gli altri
- La cultura rappresenta la funzione di latenza, fornisce agli individui elementi di motivazione e sostegno attraverso le regole, norme e valori

LA GERARCHIA CIBERNETICA NELLA RELAZIONE

L'analisi di parson va completata con il modello cibernetico che vede un sistema gerarchico tra:

- latenza
- Integrazione
- Conseguimento
- Adattamento

IL CONTROLLO DEL CORPO DELLE EMOZIONI E DELLA MENTE

La consapevolezza è uno stato mentale che può essere creato soltanto da noi stessi, che possiamo viverlo solo attraverso noi stessi,

Come si raggiunge?

È un abitudine mentale che va costruita e indossata come un abito che ci caratterizza, essa ci dà un'espressione:

- 1) Spirituale
- 2) Intuitiva

Manuale Di Comunicazione Assertiva

Ensheng Dong



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Table of Contents Manuale Di Comunicazione Assertiva

1. Understanding the eBook Manuale Di Comunicazione Assertiva
 - The Rise of Digital Reading Manuale Di Comunicazione Assertiva
 - Advantages of eBooks Over Traditional Books
2. Identifying Manuale Di Comunicazione Assertiva
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manuale Di Comunicazione Assertiva
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manuale Di Comunicazione Assertiva
 - Personalized Recommendations
 - Manuale Di Comunicazione Assertiva User Reviews and Ratings
 - Manuale Di Comunicazione Assertiva and Bestseller Lists
5. Accessing Manuale Di Comunicazione Assertiva Free and Paid eBooks
 - Manuale Di Comunicazione Assertiva Public Domain eBooks
 - Manuale Di Comunicazione Assertiva eBook Subscription Services
 - Manuale Di Comunicazione Assertiva Budget-Friendly Options
6. Navigating Manuale Di Comunicazione Assertiva eBook Formats

- ePub, PDF, MOBI, and More
 - Manuale Di Comunicazione Assertiva Compatibility with Devices
 - Manuale Di Comunicazione Assertiva Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manuale Di Comunicazione Assertiva
 - Highlighting and Note-Taking Manuale Di Comunicazione Assertiva
 - Interactive Elements Manuale Di Comunicazione Assertiva
 8. Staying Engaged with Manuale Di Comunicazione Assertiva
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manuale Di Comunicazione Assertiva
 9. Balancing eBooks and Physical Books Manuale Di Comunicazione Assertiva
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manuale Di Comunicazione Assertiva
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Manuale Di Comunicazione Assertiva
 - Setting Reading Goals Manuale Di Comunicazione Assertiva
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Manuale Di Comunicazione Assertiva
 - Fact-Checking eBook Content of Manuale Di Comunicazione Assertiva
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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