

The Chimp Paradox – The mind management programme for confidence, success and happiness – Prof Steve Peters

Contents

1. Detailed Summary

Detailed Summary

B. Your inner mind explored

- a. The sun is the centre of your psychological universe. Self-fulfilment shines best when the planets are happy Human = you
- b. Computer = fact, truth and logic
- c. Chimp
 - i. Limbic. This is not you, but you are responsible for your chimp
 - ii. Emotional, feelings and impressions
 - iii. Fight, flight and freeze
 - iv. Anxiety
 - v. Ego, shelter territory, inquisitive, security, food power sex parental instinct
 - vi. Different for men vs women
 - vii. Unwelcome feelings = chimp
 - viii. 5x stronger than the human
- d. Managing the chimp
 - i. Exercise the chimp, explore the chimps thinking
 - ii. Box the chimp, reason with it
 - iii. Feed the chimp = you can have a coffee after two hours of work
- e. NEAT
 - i. Normal for a chimp to be unhelpful
 - ii. Expect it to happen
 - iii. Accept that the chimp is powerful
 - iv. Take care of the chimp
- f. Computer
 - i. 20x faster and more powerful than the human
 - ii. Autopilot can be constructive
 - iii. Gremlin is temporary and destructive (formed at greater than 8 years of age)
 - iv. Goblin is permanent and destructive (formed at less than 8 years of age)
 - v. Stone of life = values and beliefs
- g. Unrealistic expectation, unhelpful expectation is gremlins at work
- h. Stone of life includes
 - i. Truths of life
 1. Life's not fair
 2. Goalposts move
 3. There are no guarantees
 - ii. Values
 1. Be faithful
 2. Family over work
 3. Leave a legacy
 - iii. Life force

1. The answer when your great granddaughter asks 'what should I do with my life'
- i. Mindset
 - i. How see self?
 - ii. How others see you?
 - iii. How world sees you?
 - j. Replace gremlin with autopilot
 - i. Gremlin = I should, I am
 - ii. Autopilot = I can, I could, I can be myself, what others make of me is out of my control
 - k. Humans are not always right, chimps are not always wrong
 - i. Stone of life stabilises the universe
 - ii. Friends like values not achievements
 - iii. Personality = nature and nurture = human + chimp + computer
 - iv. The person you want to be in the person you really are
 - l. Day to day functionality – troop moon
 - i. Establish facts before judging
 - ii. Successful people enable people to respond with human and not chimp
 - iii. Rule of 5
 1. I love you,
 2. I dislike you
 3. Meh
 - iv. Invest in the right people, walk away if needed
 - v. Human everyone is a friend
 - vi. Chimp = enemies are everywhere, I must have it wrong
 - vii. Should clarify roles in the troop
 - viii. Troop needs time investment
 - m. Planet of connect
 - i. Right time and right place and right agenda and right way
 - ii. Assertive not aggressive
 - iii. Prep for important conversations
 - iv. Speak steadily
 - v. Is hold - > I could
 - vi. Just because you've told someone doesn't mean they've heard
 - vii. Checklist
 1. Right person for agenda
 2. Right time
 3. Right location
 4. Agenda for chimp and human
 5. Remove unreasonableness from the chimp
 6. Conversation in human role and model
 7. Right packaging
 8. Manage chimp in the other person
 9. Clarify the agenda
 10. Find chimp agenda in another person
 11. Agree on common ground
 12. Meet the other persons agenda before own
 13. Meet own agenda

14. Summarise agreement
15. Shake hands smile and thank
- viii. Planet of the real world
 1. Chimp is in the jungle and needs care
 2. Human is in society and needs care
 3. Computer creates real world
 4. Real world changes
 5. Learn how to survive and be happy in the real world.
- ix. Moon of instant stress
 1. Deal with stress constructively
 2. Autopilot manages sudden stress
 3. Recognise, pause, escape, perspective, plan, reflect, smile
 4. Stop the chimp by slowing down
 5. Laughing at self-removes chimp
 6. Decisions = gather info, accept that can't get all the info, assess consequences, tell chimp to stop catastrophising, laugh at self-toss coin
 7. Be realistic things go wrong
 8. Be proactive and look ahead
 9. Accept, move plan
 10. Remove stress
- x. Moon of chronic stress
 1. Write down problems
 2. Sources = you, other circumstances
 3. Worrying is unhelpful,
 4. Relax, be realistic, delegate, get perspective
- xi. Health success and happiness
 1. Planet of shadows and asteroid belt
 - a. Work with emotions sometimes don't try understanding
 - b. Physical body = diabetes
 - c. Physical brain = depression
 - d. Psychological brain = phobias
 - e. Asteroids = malfunction / illness. Look after mind and body.
- xii. Planet of success and three moons
 1. Define -> measure success
 2. Partial success
- xiii. Regal moon = your realm, join realm, others realm
 1. Your realm = you have crown and advisors
 2. Other people's realm = you are a subject
 3. Joint realm = professional vs personal
- xiv. Core moon
 1. Commitment, ownership, responsibility, excellence
 2. If decide to do something commitment,> motivation
 3. Dream
 - a. Check if it a dream
 - b. Plan to fulfil
 - c. Blockers
 - d. How you'll overcome blockers

- e. Before giving up ask
 - f. How to stay committed
 - 4. Success = function at best practically and emotionally
 - 5. Discipline = responsibility and accountability to carry out a plan
 - 6. Personal success = your best
- xv. Moon of carrots
 - 1. Civilised society = no stick = carrots
 - 2. Carrots benchmarks and consequences
- xvi. Planet of success
 - 1. Dream, foundation stones, commitment screen the plan, oiling the wheels, audit, outcomes
 - 2. Dream = big goals get you there, goals need to be smart
 - 3. Aim for the starts not the mono
 - 4. Foundation stone = target goal + maintenance goal
 - 5. Less tasks increase the chance of success
 - 6. More prep increases the chance of success
 - 7. Look back and celebrate
 - 8. Show progress
 - 9. Reminder on fridge = how feel after cake, get the chimp and the human
 - 10. Get someone to look over what you're doing
 - 11. Anything in life is only as important as you want it to be
 - 12. Chimp grief = denial, yearning, bargaining, anger, disorganisation, reorganisation
 - 13. Plan and structure to meet goals
- xvii. Planet of happiness
 - 1. Happiness is a choice
 - 2. Happiness needs a plan
 - 3. Happiness needs definition for human and chimp
 - 4. Happiness needs having being
 - 5. Happiness list approach promoter
- xviii. Moon of confidence
 - 1. Based on doing your best
 - 2. Realistic expectation of self
- xix. Moon of security
 - 1. Normal to feel insecure sometimes
 - 2. Stabiliser for success
 - 3. Human needs to manage security for the chimp