

The Ethics of DSRP

DSRP □ Promotes openness; growth mindset, not fixed; adaptivity, agility □ Metacognitive; self-reflective; prosocial; compassion/empathy □ Tendency to pause; not act purely on emotion/intuition; aspire to our 'higher angels; System 2 v. System 1 and System 2 with increased speed □ Increased Understanding, Communication, and Empathy/Compassion

D □ Every time we make a distinction, we create an other, even if unconsciously. Purposeful distinction making enables awareness of the “other” (e.g., people/things that may be marginalized) thereby acknowledging that this distinct entity has unique relationships, part-whole configuration, and unique perspective. □ Distinctions also have importance intrapersonally; distinguishing thoughts from feelings is a critical step in developing emotional intelligence, as is distinguishing one feeling from another. □ The self-awareness generated by applying the distinctions rule is a prerequisite to any sort of emotional control. □ Distinguishing others’ thoughts/feelings from our own reduces likelihood of projection (a defense mechanism of attributing one’s unacceptable thoughts/feelings to someone else) and the further defensive thoughts and actions that result. □ Awareness of Dio balances needs of self (selfishness) with others (altruism) which are both roots for dysfunction; is Anti-Marginalization, Anti-Oppression, and Anti-Us/Them; helps us to treat the other as an ends rather than a means; and leads to intrapersonal intelligence (e.g., thoughts v. feelings, action v. reaction, etc.)

S □ Realizing that part-whole Systems can be organized differently combats generalizations and stereotypes by seeing more parts or their perspectives. □ Breaking our complex emotional reactions into discrete feelings motivated by discrete mental models can do much to increase emotional maturity and self-regulation. □ Grouping things into wholes focuses us on our similarities, the commonalities that bind us together, which is conducive to cooperation and all sorts of prosocial behavior, and; is correlated with improved physical/emotional health outcomes. □ Awareness of Spw: is Anti-category = anti-stereotypes and anti-group-marginalizing; helps us avoid monolithic perspectives; realize that ‘no man an island’ and is therefore part of something larger than oneself because parthood = belonging. □ We tend to think in terms of direct causality, fail to appreciate the importance of context, and overlook relationships as parts of a system.

R □ Understanding the multitude of relationship-types promotes deeper comprehension of nonlinear causality, which reduces the assignment of blame or credit to individuals or groups, promoting compassion in general; because relationships help us account for the webs of causality and structural constraints in which we operate and appreciate the impact and unintended consequences of our actions, and in turn means less blame, less misplaced causality (no punishment) □ Rar reduces egoism and promotes a broader definition of one’s interests as including the well-being of the community and its constituent members. □ We recognize the complex forms of interdependence and interconnectedness (inter-, intra-, extra-) and the similarities that bind us within social structures. Rar gives us agency and control over emotional response as reaction converts to action

P □ Taking perspectives increases our awareness (or metacognition) of the perspectives we take and do not take. It builds on distinction making (recognizing the other), enabling us to walk in the other’s shoes (empathy/compassion). □ It is a prerequisite to authentic understanding and empathy. □ Awareness that our views are merely one of many possible perspectives can inhibit prejudice and socially harmful forms of dogmatism and replace a fixed mindset with an open one. □ Communication with others who are unlike ourselves is greatly enhanced by the ability to take perspectives. □ Perspective taking leads us to examine our beliefs, see where our perspectives were uncritically adopted from social influences in our environment, and increase our mental and emotional flexibility, including self-acceptance. □ We can critically evaluate our moral codes, personal values, and beliefs, which makes us less likely to blindly impose them on others. □ Ppv gives us the modified “Golden Rule” or “Platinum Rule”
