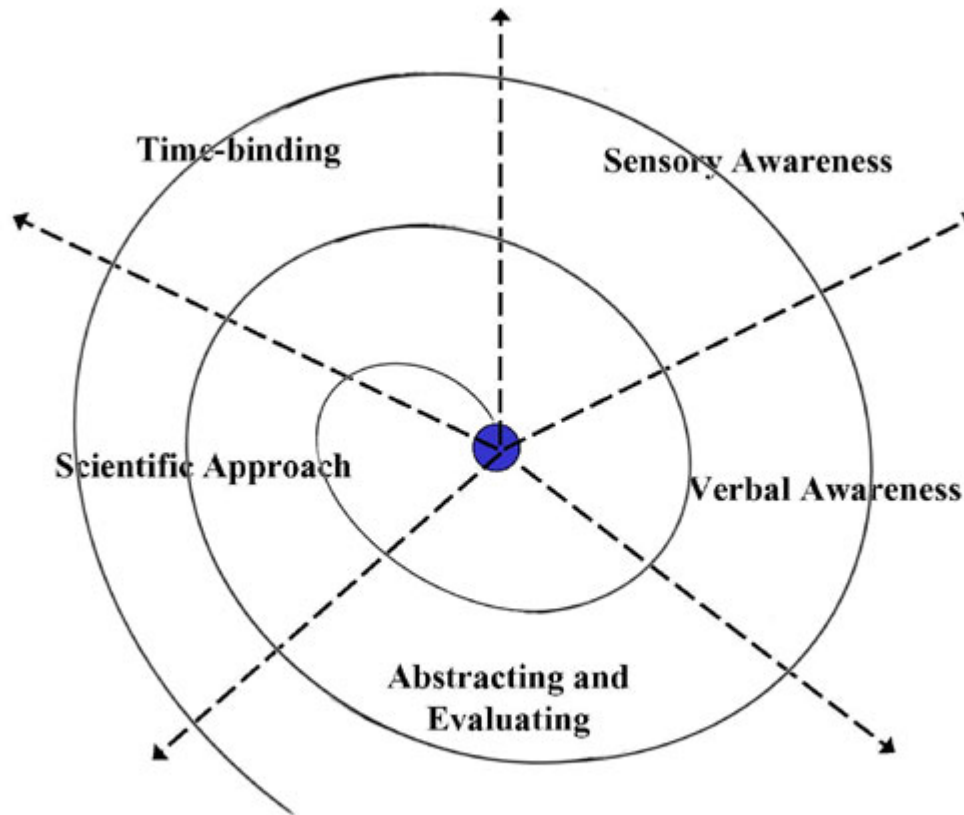


# Basic Understandings of General Semantics

**This** is not *That*

# Overview

A Map of General Semantics (Steve Stockdale)



**This** is not *That*

# Time-Binding

Humans can build on the knowledge of prior generations.

Alfred Korzybski referred to this capability as *time-binding*.

Language serves as the principle tool that facilitates time-binding.

Time-binding forms a basis for an *ethical standard* to evaluate human behavior.

Dispels us of the 'self-made' notion and encourages us to 'time-bind' for the benefit of others.

# Scientific Approach

Apply a scientific approach in our evaluations and judgments.

Continually test assumptions and beliefs, gather facts and data, revise as appropriate, hold conclusions and judgments tentatively.

Hidden assumptions guide our behavior; make a special effort to become more aware of them.

Everything changes all the time, including microscopic and sub-microscopic changes. We cannot sense or experience everything.

Observe → Hypothesize → Test → Revise, *etc.*

**This** is not *That*

# Abstracting/Evaluating

We have limits as to what we can experience.

We can never experience 'all' of what's to experience.

We 'abstract' only a portion of what we can sense.

Our awareness of 'what goes on' outside of our skin, is not 'what is going on.'

With ever-changing environment, we never experience the 'same' person, event, situation, 'thing,' more than once.

We copy Pavlov's dog when we respond as ***conditioned***.

We behave like humans when we respond ***conditionally***.

**This** is not *That*

# Abstracting/Evaluating

We experience uniquely, according to individual sensory capabilities; integrate past experiences and expectations.

We ought to maintain an attitude of ‘to-me-ness.’

**What Happens**

**≠ What I Experience**

**≠ What I Report**

**≠ What I Infer, Believe, ‘Meaning’**

**Perceive—Construct—*Evaluate*—Behave**(think, talk, act, etc.)

**This** is not *That*

# Verbal Awareness

Language(s) has structural flaws; does not properly reflect the structure of the world we sense and experience.

Mistakes we commit:

1. confuse the word itself with what the word stands for
2. act as if words have 'meanings' on their own, without respect to individuals and context
3. confuse facts with inferences, assumptions, beliefs, etc.
4. do not account for "shades of gray," simplistically look for black or white, right or wrong, good or bad, etc.
5. use language to 'separate' what can't be separated; *mind* from *body*, *thinking* from *feeling*

Practice with *extensional devices* to become more aware:  
*indexing, dating, quotes, hyphen, etc., E-Prime, and EMA*

**This** is not *That*

# Sensory Awareness

We sense and experience on silent, 'non-verbal' levels.

Our ability to experience the world is relative, unique to our own individual sensing capabilities.

Our language habits can affect our physiological behavior; we can allow what we see, hear, say, etc., to affect our blood pressure, pulse, rate of breathing, etc.

As we become more aware of our own non-verbal behaviors, we can practice techniques to achieve greater degrees of relaxation, less stress, greater sense of our environment, etc.

**This** is not *That*