

# 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

**Joacim Rocklöv**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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