

# How to Apply System 3 Thinking

*To Overcome Stress, Trauma & Anxiety*

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Integrative Psychologist

# Stress, trauma, anxiety



# Overthinking



# Underthinking



# We are our stories



# Our thinking defines our stories



# How do we change our thinking?



# SYSTEM 1 THINKING

- Intuitive
- Experiential
- Automatic
- “Gut Feeling”





# SYSTEM 2 THINKING

- Deliberate
- Rational
- Calculational
- “Look at the Facts”



DOUBT



# DILEMMA



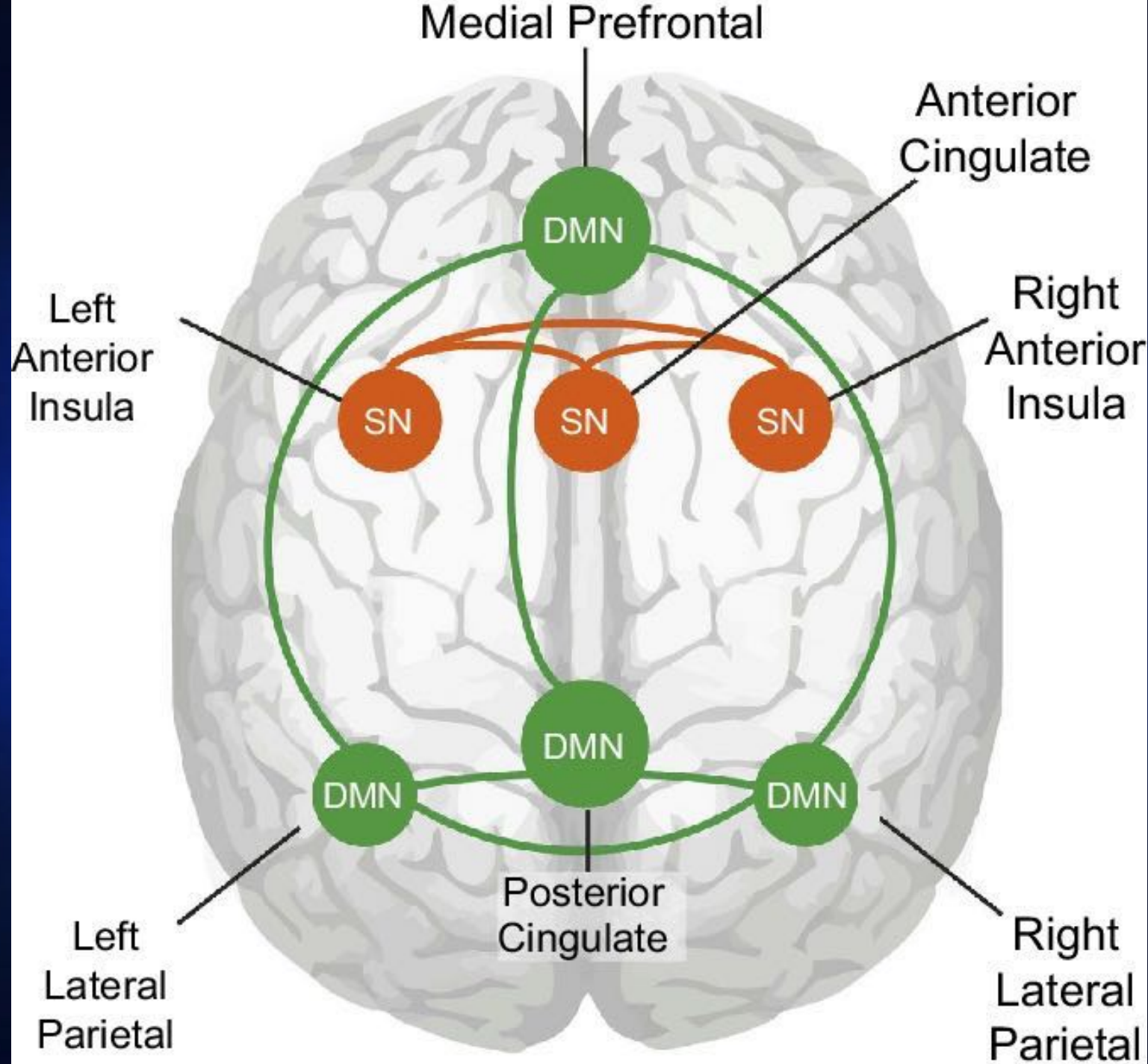
# DISRUPTION



# SYSTEM 3 THINKING

- Balanced
- Compassionate
- Insightful
- “Good judgement”

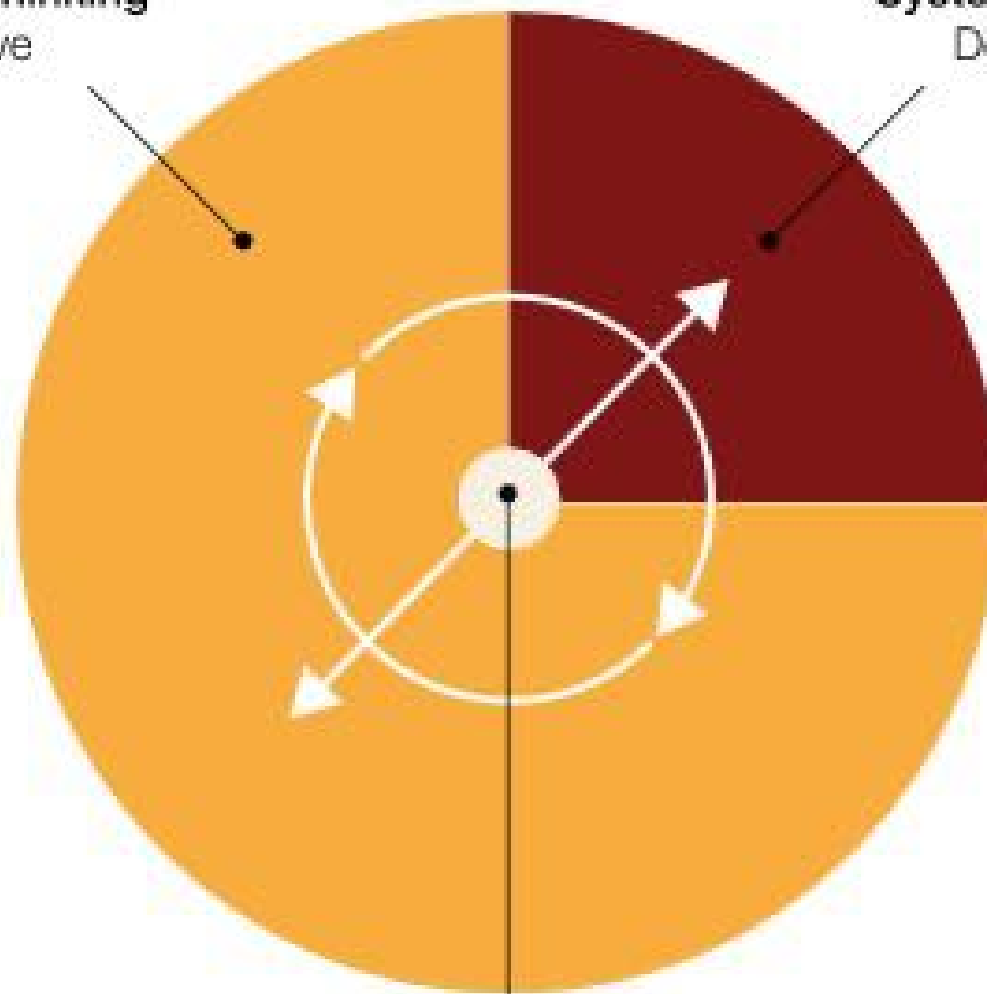






**System 1 Thinking**  
Intuitive

**System 2 Thinking**  
Deliberative



**System 3 Thinking**  
Considerative

# THE 6 DIMENSIONS OF SYSTEM 3 THINKING



- Focus
- Experience
- Decisiveness
- Compassion
- Emotions
- Values



# FOCUS



Sustained, focused attention on meaningful tasks and activities; necessary to balance mental activity with mental control

# LIFE EXPERIENCE

Able to give good  
advice, life  
knowledge, and life  
skills



# DECISIVENESS

Recognizing ambiguity but making quick and effective decisions



# COMPASSION



Going out of your way to help the physical, mental, or emotional pain of another and of yourself; also associated with fairness, justice, and interdependence

# EMOTIONAL REGULATION



Conscious regulation of feelings and self-control

# TOLERANCE FOR DIVERGENT VALUES

Being non-judgemental and accepting of other value systems



# The 6 Dimensions of System 3 Thinking



Focus

*Am I focusing on the right things?*



Experience

*How might this be viewed from other people's experience*



Decisiveness

*Am I moving forward quickly enough?*



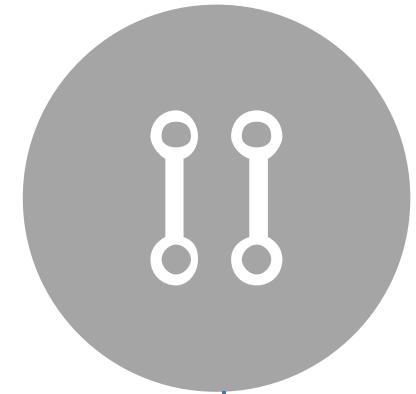
Compassion

*How am I displaying compassion towards myself and others?*



Emotions

*Am I honouring my emotions without letting them overwhelm me?*



Values

*Am I recognizing the diversity of values different from my own?*

# ENHANCING SYSTEM 3 THINKING



**Focus** 10-20 mins daily  
mindfulness training



# ENHANCING SYSTEM 3 THINKING

**Experience** Reflect on lessons from your own life and others' lives



# ENHANCING SYSTEM 3 THINKING



**Decisiveness** Practice  
making small, deliberate  
decisions daily

# ENHANCING SYSTEM 3 THINKING



**Compassion** Reflect on actions of kindness, fairness, and justice daily

# ENHANCING SYSTEM 3 THINKING



**Emotions** Cultivate a rich and balanced emotional life and expression

# ENHANCING SYSTEM 3 THINKING

**Values** Practice  
curiosity about other  
beliefs and value  
systems



# T3 PROFILE®

High	High	High	High	High	High
Medium	Medium	Medium	Medium	Medium	Medium
Low	Low	Low	Low	Low	Low
FOCUS	EXPERIENCE	DECISIVENESS	COMPASSION	EMOTIONS	VALUES

TAKE THE FREE T3 PROFILE HERE  
<https://www.peterjwebb.com/>

# System 3 Thinking

