



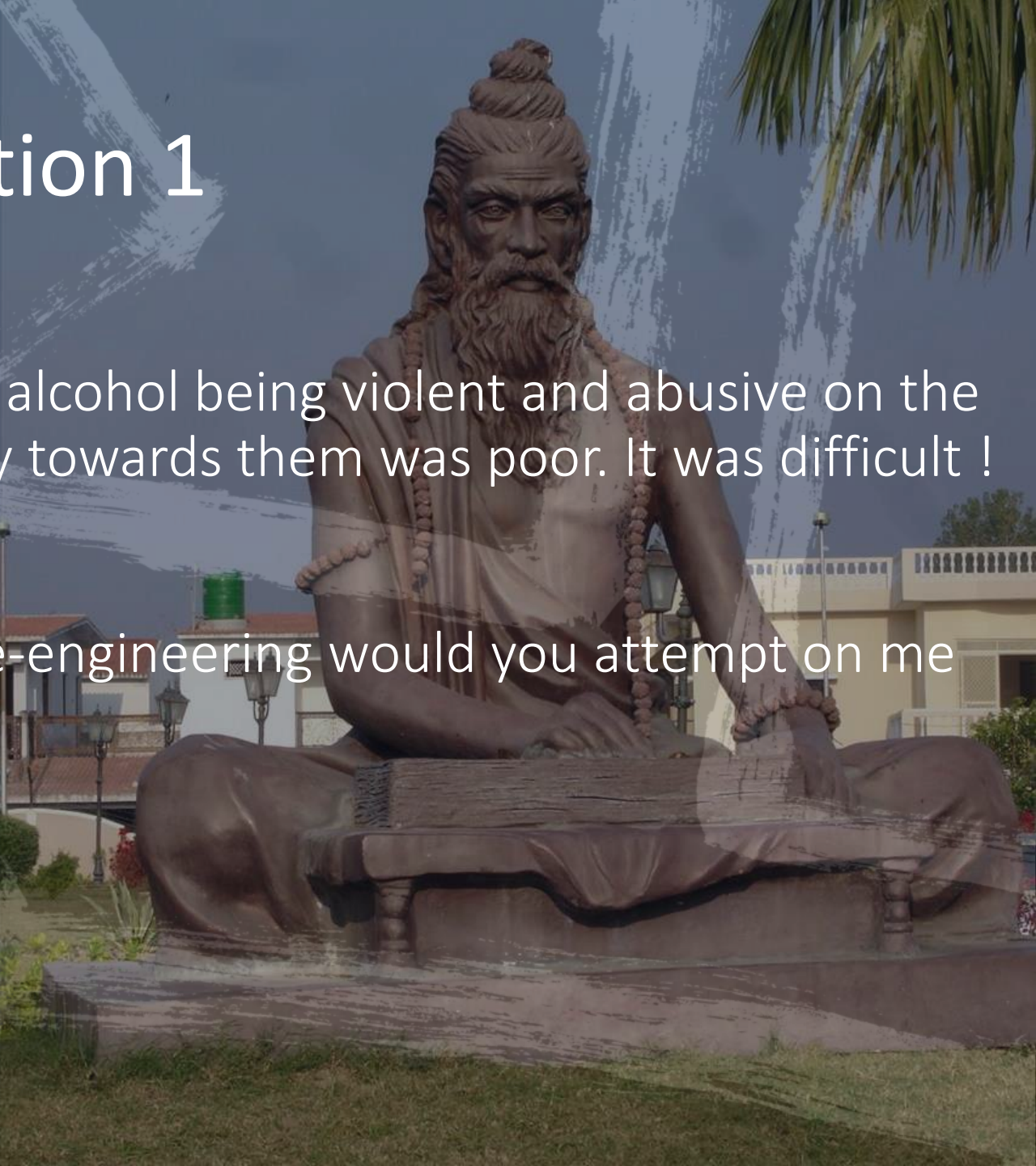
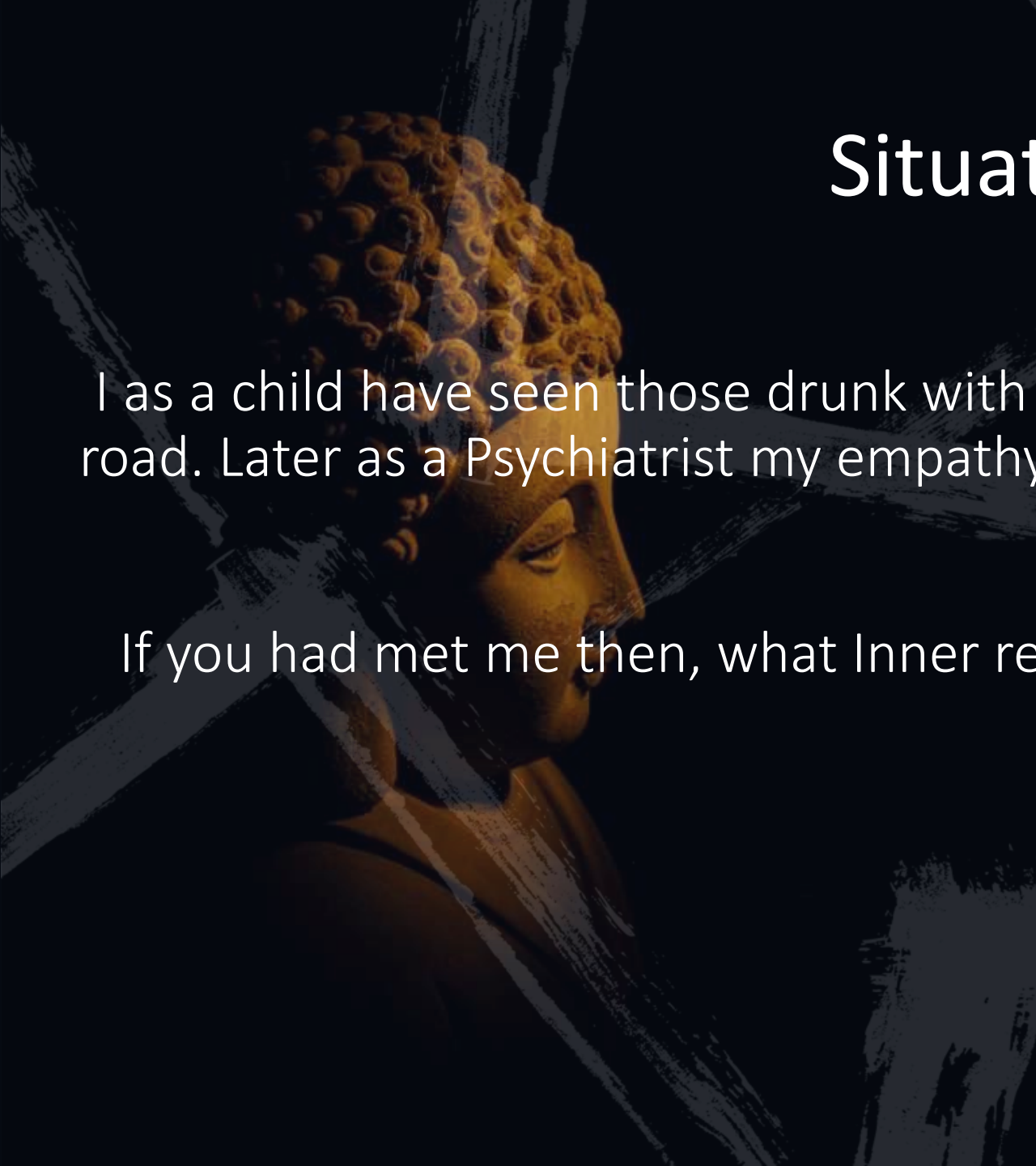
# Inner re-engineering for Attitudinal Changes & Bias

-Dr. Harish Shetty

# Situation 1

I as a child have seen those drunk with alcohol being violent and abusive on the road. Later as a Psychiatrist my empathy towards them was poor. It was difficult !

If you had met me then, what Inner re-engineering would you attempt on me



A close-up photograph of a person's hand holding a magnifying glass over a document. The document contains a pie chart and a bar chart. The text "Examine Samples" is overlaid in the center of the magnifying glass.

**Examine Samples**

A close-up photograph of Donald Trump, the 45th President of the United States, sitting in a yellow chair. He is wearing a dark blue suit jacket, a white shirt, and a dark blue tie with red diagonal stripes. An American flag pin is visible on his left lapel. His mouth is wide open in a shout, and his facial expression is one of intense anger or frustration. The background shows a white marble wall with a green plant on a ledge to the left and a blue and yellow flag to the right. The text "Stray, Spontaneous Sentences" is overlaid in white, sans-serif font across the center of the image.

Stray, Spontaneous Sentences



Slip of the tongue  
Slip of the thumb



Drawing room chats

पाहा आज रात्री  
8:30 वां.

॥ जिजामाता ॥

When little kids contradict you:  
Watch, Listen

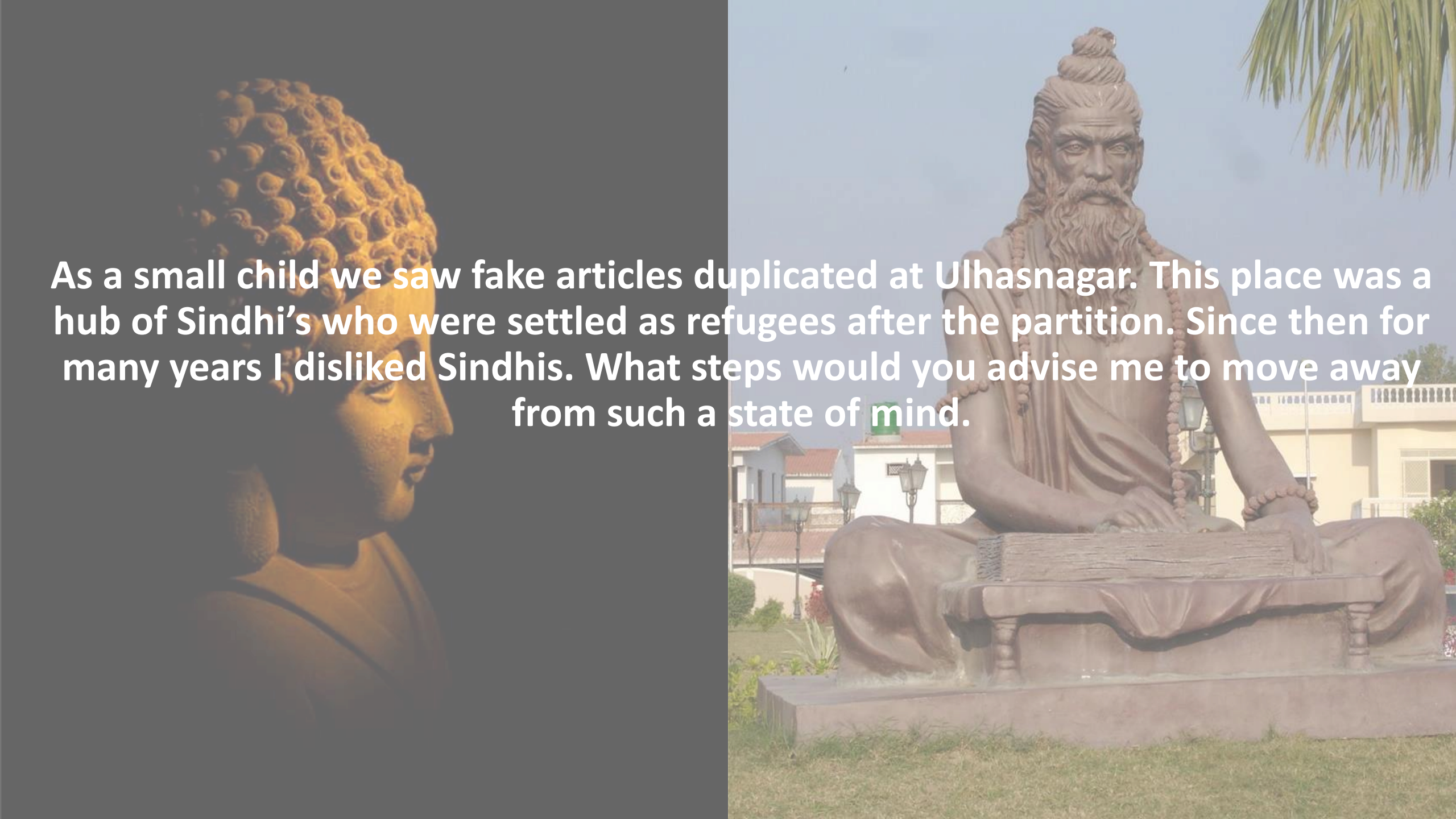




**Watch your**  
**Automatic Thoughts**  
**Automatic Feelings**  
**Automatic Sensations**  
**Automatic Behaviour**





The image is a horizontal split. The left half features a close-up, profile view of a golden Buddha statue with curly hair, set against a dark, gradient background. The right half shows a large, brown stone Jain statue of a seated figure with a long beard and a topknot, holding a book. The background of the right half is an outdoor setting with a clear blue sky, a palm tree, and some buildings.

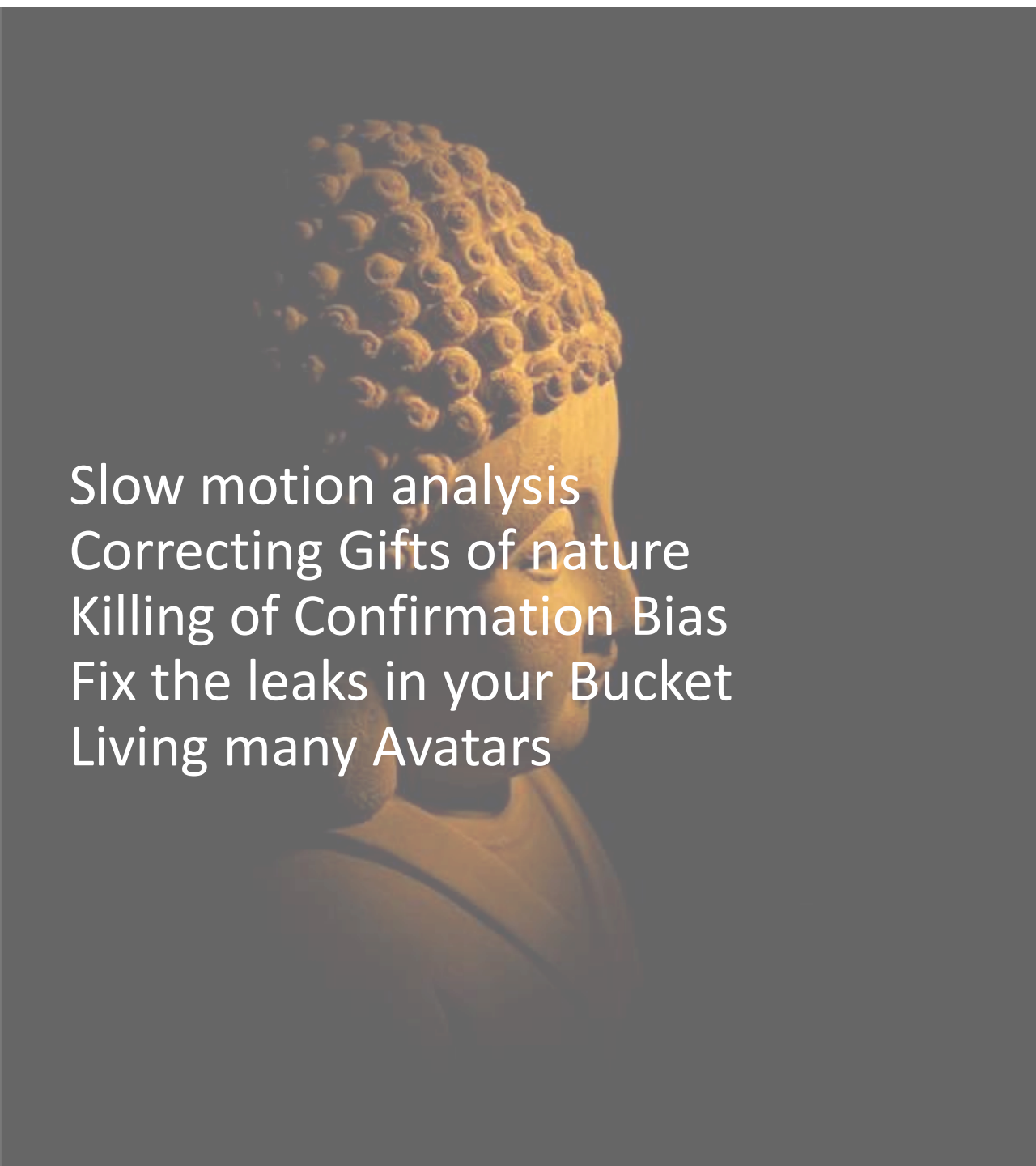
As a small child we saw fake articles duplicated at Ulhasnagar. This place was a hub of Sindhi's who were settled as refugees after the partition. Since then for many years I disliked Sindhis. What steps would you advise me to move away from such a state of mind.

Slow motion analysis of past events





Watch for  
Intense Feelings




Slow motion analysis  
Correcting Gifts of nature  
Killing of Confirmation Bias  
Fix the leaks in your Bucket  
Living many Avatars





Awareness



A close-up photograph of a group of children and a woman, all smiling warmly. The woman, positioned in the upper center, has her arms around the children. The children are of various ethnicities and are dressed in colorful, traditional-looking clothing. The overall mood is joyful and affectionate.

Inside us each one is **innocent**



THANK YOU

