

Wired for Change: Engage the Mind for AI Journey - Handout

November 8th, 2025 – PMI Summit 2025 - Cincinnati

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Neuroscience – Stressors

Currently people live at least 70% of their life in fight, flight, freeze & fawn

The stress response is activated with **real** or **perceived** threats

- Deadlines
- Crying / screaming children
- Angry / disappointed spouse, parent, boss, coworker, friend & etc.
- Experience that reminds you of past bad stuff
- Being bullied / cancelled
- Standing out from the crowd
- Finances / Money
- Artificial Intelligence

Fight Response

- Low end of the stress response scale
- Allows us to confront the threat / stress
- Perceive things as more aggressive, confrontational and threatening
- Feel Angry
- Become defensive
- Justify our actions / thoughts
- Dopamine Effects -

Flight Response

- Agitation continues to increase, threat is still perceived to be present
- Perceiving things as more rushed and scarcer
- Fear kicks in
- Physically flee
- Mentally / emotionally flee – Disassociate
- Dopamine Effects -

Freeze Response

- Agitation continues to increase and overwhelms the systems
- Threat is still perceived
- Perceive things as more hopeless & helpless
- Become disconnected from the body and emotions
- Physical freeze
- Mental / emotional freeze “functional freeze”
- Dopamine Effects -

Fawn Response

- Agitation continues to increase and overwhelms the systems
- Threat is still perceived
- Feel safe by prioritizing the needs of others (Outside Appearance – Inside Feeling)
- People pleasing
- “Chameleon”
- Dopamine Effects -

Check-in with yourself Daily – what is your response level and what is Remaining Capacity?

Look at your coming day, its priorities, all in the context of your available capacity. Plan accordingly.

Affirmation Example: “I am calm and capable in times of change” - Is this true?

Ask-Formation Example: “Why do I feel so calm and capable during change?”

“Why do I enjoy discovering smarter ways to work?”

Questions: “Why do I come up with such creative ways to use AI?”

“Why do I see AI as a partner that helps me grow?”

“Why do I handle AI-related challenges with confidence and optimism?”

Rewiring Power Skills:

Experiences – Confirming & Disconfirming – Repetition with Play / Movement

Community – Evaluate and Adjust who you spend time with – Growth Mindset

Dopamine Effects – From Survival to Satisfaction and Thriving

Learn more:

Stop Procrastination Virtual Seminar – November 17-21, 2025

<https://becomeacyclebreaker.com/dan>

Delivered by The Cycle Breaker Society