

INNER IMAGE OF THE WORLD AND AI

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Obsah

Nebyla nalezena položka obsahu.

WHAT IS OUR INNER IMAGE OF THE WORLD MADE OF?

Our Inner Image of the World does not arise from a single thing. It is the result of many different influences that become interconnected throughout our lives. We are aware of some of them, while others operate very subtly. For example, we may know that we experienced something in childhood without realizing that this very experience influences our decisions, relationships, or the way we react to certain situations today.

Our IIW therefore consists of many layers.

1. MEMORY

Memory is one of the basic building blocks of our IIW.

We store events, people, situations, experiences, words, images, emotions, and information that we have acquired throughout our lives.

However, we do not have a perfect record of reality in our heads.

Our memories are not an exact copy of what happened in the past. To a certain extent, we recreate a memory when we recall it. It can be influenced by our current emotions, later experiences, and the way we understood the event at the time.

For example, if a person has experienced failure several times when speaking in public, they may develop a memory pattern:

“When I speak in front of people, something goes wrong.”

In the future, they may then become nervous before a similar situation even begins.

Memory therefore does not merely preserve information about the past. It can also influence our expectations of the future.

2. UPBRINGING

Upbringing is one of the first important sources of our IIW.

From parents and other adults, we acquire our first ideas about what is right and wrong, safe and dangerous, important and unimportant.

A child may repeatedly hear, for example:

“You have to be the best.”

“You must not make mistakes.”

“You have to be careful with money.”

“People cannot be trusted.”

“You must think of others first.”

“You have to know how to stand up for yourself.”

Such messages can gradually create inner beliefs.

Later, a person may not even realize where some of their opinions come from. They may seem completely natural because they have heard them since childhood.

Upbringing therefore significantly influences, for example, our relationship with authority, work, money, education, success, responsibility, relationships, and our own sense of worth.

3. EXPERIENCES

Experience is what we have lived through ourselves.

It can involve both positive and negative events.

Success can strengthen our confidence in our abilities. Repeated failure, on the other hand, can cause us to begin seeing a particular area of life as something in which we are unable to succeed.

For example, a person who has changed jobs several times and has had a bad experience with management each time may begin to expect problems from every future supervisor.

The new person may be completely different.

Our previous experience, however, may influence how we perceive them from the very beginning.

Experiences therefore create certain patterns of expectation.

4. KNOWLEDGE

Knowledge expands our IIW and enables us to create more complex ideas about the world.

The more we know about a particular area, the more connections we may be able to perceive.

A person who does not understand a particular technical problem may see a situation as extremely complicated. An expert may immediately see several possible solutions in the same situation.

Knowledge can therefore allow us to perceive the world from multiple perspectives.

At the same time, a large amount of knowledge does not automatically mean that we are right. We can also interpret knowledge through our own experiences and beliefs.

5. BELIEFS

Beliefs are ideas that we accept as true.

They may concern ourselves, other people, or the world.

For example:

“I am capable.”

“People usually try to help.”

“Success requires hard work.”

But also:

“I am unlucky.”

“I will never achieve anything.”

“People cannot be trusted.”

Beliefs can function as a filter.

If we believe that people are not trustworthy, we may find it much easier to notice situations that confirm our belief, while overlooking experiences that contradict it.

6. VALUES

Values determine what we consider important.

For one person, freedom may be the highest value. For another, security. For someone else, family, career, money, health, adventure, education, or helping others.

Values strongly influence our decisions.

Two people may receive the same job offer, yet each may make a different decision.

One may prioritize higher income.

The other may prefer more free time.

A third may value the possibility of working from home.

A different decision does not necessarily mean that one of them does not understand the situation. They may simply be guided by different values.

7. EMOTIONS

Emotions significantly influence the way we perceive reality.

Fear, joy, anger, sadness, enthusiasm, or uncertainty can change our attention and the way we interpret a particular situation.

When we are afraid, for example, we may pay more attention to possible risks. When we are enthusiastic, on the other hand, we may perceive opportunities more strongly.

That is why we can evaluate the same situation differently at different moments in our lives.

Something that seems acceptable to us when we are calm may appear to be a major problem in a moment of intense fear.

Emotions are therefore not merely reactions to reality. They can also influence how we subsequently interpret reality.

8. OPINIONS

Opinions are our ideas about what is right, appropriate, good, or bad.

They develop on the basis of experiences, knowledge, upbringing, the media, society, and communication with other people.

Opinions can be firm, but they can also change.

New information or personal experience can cause us to reconsider something we have believed for a long time.

This is a natural part of human development.

Changing an opinion therefore does not necessarily mean weakness. It may be the result of gaining new information or beginning to see a situation from a different perspective.

9. FAITH

Faith does not necessarily mean religion alone.

It can mean a deep belief about how life, people, or the world work.

We may believe, for example, that:

life has a certain meaning,

people are fundamentally good,

a person can change their life,

everything happens for a reason,

success depends primarily on one's own effort.

Faith can provide a person with direction, hope, and stability.

At the same time, it can influence how we interpret events that we do not understand or cannot control.

10. DOUBTS

Our IIW consists not only of things we believe.

Our doubts are part of it as well.

We doubt ourselves, other people, our decisions, and the future.

Doubt can be useful because it can lead us to verify information and think critically.

If we hear a particular claim, for example, we can ask:

“Is this really true?”

A problem may arise when doubt becomes a permanent way of thinking.

Then we may doubt even in situations where we have enough information to make a decision.

11. PREJUDICES

A prejudice is a preconceived opinion or expectation toward a person, group, situation, or particular phenomenon.

It often arises without our having enough personal experience.

Prejudices may be adopted from family, society, the media, or people around us.

They can help us orient ourselves quickly, but at the same time they can cause us to judge a person or situation before we have actually come to know it.

It is therefore useful from time to time to ask ourselves:

“Is my opinion based on my own experience, or did I adopt it from someone else?”

12. DREAMS

Dreams represent what we would like to achieve or what kind of life we would like to live.

They may concern family, work, travel, business, money, education, relationships, or personal development.

Dreams influence our decisions because they create an image of the future.

If we have a clear idea of where we want to go, we can use it when choosing between different possibilities.

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