

“It’s Time for Another Look” – PART I

at first glance

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October 2017

Purpose/Objectives

1. To understand how we perceive [things] on a day-to-day basis
2. To explore maladies and barriers to accurate perceptions
3. To discuss the connection between perception, disappointment, and depression
4. To learn tips for coping with disappointment, and for preventing or overcoming depression.

Definitions

- **Sight** – the power or ability to see (in the literal sense).
- **Vision** – the power or ability to anticipate what will or may come to be (goes beyond literal sight).
- **Perception** – the power or ability to apprehend by means of the senses or mind; cognition; understanding.
- **Perspective** – a mental view; the ability to see all the relevant data in a meaningful relationship.
- **Purview** – the range of vision, insight, or understanding.
- **Scope** – outlook.

Ophthalmology and Optometry 101

Visual Acuity – refers to CLARITY of vision

Common defects in Visual Acuity:

- Nearsightedness – Objects are blurry in the distance, but normal close up.
- Farsightedness – Objects are blurry up close, but normal in the distance.
- Astigmatism – Objects are blurry from all distances; particularly blurry when trying to shift focus.

Ophthalmology and Optometry 101

Continued...

Visual Acuity – refers to CLARITY of vision

Main Causes of Visual Acuity problems:

- Shape of the Eyeball* (Cannot be distorted)
- Lack of flexibility of the Lens* (Cannot be rigid)
- Inadequate sensitivity of the interpretative faculty of the brain* (Must be integrative)

Cognitive Theory of Depression

According to Dr. Aaron T. Beck,

Depression results from a NEGATIVE VIEW of:

- SELF (I am defective; something's wrong with me)
- ENVIRONMENT (All of my experiences will result in defeat or failure and it will be my fault)
- FUTURE (My future is hopeless)

It is a PESSIMISTIC LENS through which this type of person views and interprets his world.

Disappointments

Disappointment – a failing to fulfill the expectation or wishes of; the frustration of defeat of hopes, plans, and dreams.

YOU CANNOT HAVE DISAPPOINTMENT(S) WITHOUT FIRST ESTABLISHING/
SETTING EXPECTATIONS.

Expectations

Expectations – things looked forward to or the probability that something will occur.

Expectations can be:

- ✓ Positive
- ✓ Negative
- ✓ High
- ✓ Low
- ✓ Realistic
- ✓ Unrealistic
- ✓ Fair
- ✓ Unfair
- ✓ Personal (Your own)
- ✓ Those of Others

Expectations, Disappointment, and Depression

- Every individual has a mental/psychological framework that influences what expectations they set for themselves and for others.
- This mental/psychological framework is also the FILTER through which each individual interprets everything that happens in his or her world.
- This mental/psychological framework is YOUR LENS!

How HEALTHY is your lens?

- An unhealthy lens will lead to visual acuity problems*
- More specifically, a RIGID or INFLEXIBLE lens will result in BLURRED OR DISTORTED VISION.
- An unhealthy mental/psychological framework will lead to disappointment
- More specifically, a RIGID or INFLEXIBLE mental/psychological framework will result in BLURRED OR DISTORTED EXPECTATIONS

How HEALTHY is your lens?

Continued...

- A rigid mental/psychological framework is your rule system that governs your thoughts, feelings, and behaviors in your world, but that you think (and feel) SHOULD be the rule system that governs everybody else's world.
- When one starts projecting onto others how "things" SHOULD be, then that person sets expectations for him or herself AND others that are, oftentimes, **UNREALISTIC!**

The UNHEALTHY lens

- Poor visual acuity: Is the situation really as you are seeing and describing it?
- Nearsightedness: “Can’t see the forest for the trees.” They miss the big picture. Their expectations don’t consider the impact on the whole. They get stuck on the small stuff. They can become stagnate.
- Farsightedness: “All they see is the forest.” Their expectations don’t consider how the individuals involved feel or what they think. They can be dismissive, demanding, and hurtful.
- Astigmatism: If this person is not careful, they will become used to “BLUR” as normal. These people can’t be objective, but they will be adamant about being accurate because “BLURRED” is how they see everything!

Outer Eyewear

- Wearing glasses with the **WRONG PRESCRIPTION** (Honesty)
- Wearing someone else's glasses (Differentiate Expectations)
- Wearing glasses that are generic and temporary fix (Defense Mechanisms)
- Wearing sunglasses **INDOORS** (Perspective)

How Do I Correct the Issue?

Optometrists have developed three main ways to address issues with visual acuity:

1. Corrective Lenses (serve to adjust/compensate for the rigidity of the lens)
2. Contact Lenses (serve to adjust/compensate for the distorted shape of the eye)
3. Surgery (literally adjusts the lens or reshapes the eye)

How Do I Correct the Issue? Continued...

- You must be aware and willing to admit that you don't always see accurately---that your view of how things should be and the resulting expectations of self and others are, at times, skewed.
- You must be open to the idea of adjusting/modifying your mental/psychological framework.
- Must be able to identify distortions and be willing to challenge and/or let others challenge your "cognitive distortions."
- Combat negative expectations with REAL expectations and positive affirmations.

How Do I Correct the Issues? Continued...

- Learn to differentiate your expectations from the expectations of others.
- Set REALISTIC expectations. Period.
- Eliminate the word SHOULD from your vocabulary.
- Remember the feelings aren't always facts.
- Stay physically active to combat low mood

Remember these 3 “P’s”

- “Perception”
- “Perspective”
- “Purview”

Questions???

God Bless!

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