



Deconfiguring Stress Model – Wonderfeelz Relaxation Technique for Perspective-Taking, Decision-Making and Getting Out of Chakra Vyuh.

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ABSTRACT

Businessmen sometimes become rounded up by financial and other obstacles 360°. They feel like being caught inside Chakra Vyuh (like Abhimanyu). They require relaxation, sound sleep, perspective taking and decision making effectively. The time constraint blocks them from getting all these solutions as there is no one technique which ensures all these. While giving Wonderfeelz Relaxation Technique for a businessman, the feedback indicated the benefits of decision making and perspective taking. Hence, the case was further studied by administering Symptomatology based Decision Style Questionnaire and DASS-21.

The results are encouraging and show that perspective taking can be improved without putting oneself in others' place and risking originality. Wonderfeelz Relaxation Technique helps generate perspective taking, decision making without losing one's own originality. This technique also entirely different from all other relaxation techniques and it involves Abstract Guessing.

Keywords: Wonderfeelz Relaxation Technique, Deconfiguring Stress Model, Abstract Guessing, Perspective Taking, Decision Making, Business Crises

1. Entrepreneur's Tough Time:

Entrepreneurial self-efficacy and resilience have been identified as crucial coping resources during challenging times, Resilience, in particular, has been found to play a significant role in facilitating recovery after entrepreneurial failure (Jenkins et al., 2014). Current study tries to make a valuable contribution by highlighting the potential impact of coaching on not only entrepreneurs' knowledge and cognitive strategies but also their cognitive performance. Through coaching, entrepreneurs may experience improvements in vigilance, enabling them to effectively concentrate on complex tasks, focus on demanding responsibilities, and make more deliberate decisions (Jones et al., 2016). This insight suggests that coaching can have a multifaceted influence on entrepreneurs, enhancing their overall cognitive abilities and aiding them in navigating challenging situations. Thus, interventions for helping entrepreneurs to overcome their variety of tough times including bankruptcy is social responsibility of cognitive scientists. While the tough times are source of potential stress, such situations also demand more proactive and progressive approach to overcome the odd situations or overcome obstacles / opponents. But the prime challenge comes from the fact that stress damages the cognitive skills including decision making – the difficult times inevitably extended and causing further damages to one's own mind and behaviour. So, any solution / coaching for entrepreneurs to overcome difficult times should tackle dearth of bio-cognitive impacts or the Stress – Biology nexus and interaction.

1.1 Stress and Cognitive Skills:

The etiology of stress-induced cognitive dysfunction can be traced back to attentional tunnelling (Shields et al., 2019), which limits cognitive adaptability (Marko and Riečanský, 2018), and skews memory recall by giving precedence to negative information over neutral or positive information (Vaillancourt and Palamarchuk, 2021). Recent theories suggest that acute stress leads to a transition from adaptable and challenging behaviors to simpler and more inflexible forms of control. This shift is believed to reduce cognitive demands on individuals experiencing stress. Numerous studies have demonstrated that key cognitive functions like learning, memory, and decision-making are negatively impacted by sudden stress. This could be attributed to a broader impairment in cognitive processes, such as working memory and set shifting, induced by stress. Various researchers have explored this phenomenon, including Nitschke et al. (2020), Porcelli & Delgado (2017), Wirz et al. (2018), Bogdanov & Schwabe (2016), and Shields et al. (2016).

It has been contended that, neurologically, sudden stress induces a redistribution of resources from the executive control network to the salience network, leading to a temporary impairment in cognitive performance (Hermans et al., 2014). Overall, these explanations highlight the immediate impact of stress on cognitive processing that relies on executive functions. Executive Function aid in the development of social skills and emotion regulation, both of

which are essential for effectively navigating social interactions, fostering interpersonal connections, and managing stress in a healthy manner (Cacioppo and Cacioppo, 2020). The growing body of research on cognitive effort indicates that cognitive performance is influenced not only by processing ability but also by our choice to exert cognitive effort. This decision is determined by a cost-benefit analysis that evaluates the perceived costs of allocating or intensifying cognitively demanding processing in comparison to the expected benefits (Inzlicht et al., 2018; Kool & Botvinick, 2018).

Research suggests that acute stress may lead to a withdrawal of cognitively demanding processing, in addition to any negative effects on cognitive processing caused by stress. This phenomenon could potentially explain why stress reduces our dependence on resource-intensive, central executive-dependent behaviors (Shields et al., 2016). The rise in cortisol levels triggered by a stressor is linked to the perceived severity of stress (Gabrys et al 2019; Woody et al., 2018). This suggests that the mind perceives a psychological threat based on its cognitive assessment. While cognitive abilities may aid in avoiding dangerous situations, it is the cognitive evaluation that plays a crucial role in reducing psychological stress through a self-assessment perspective that overcomes challenges, rather than the challenging stimulus itself.

Psychological stress serves as a natural biological response that aims to optimize executive functions for better focus on the stressor and reduce potential harm to the organism. Despite its adaptive nature, this response may not always function optimally, especially under conditions of prolonged or intense stress. In such circumstances, cognitive abilities may be compromised, increasing the susceptibility to mental and social dysfunctions, as well as inflammation in the neural and systemic levels (Quinones et al., 2020; Slavich, 2020; Vaillancourt and Palamarchuk, 2021).

1.2 Higher Level Deal:

Inadequate cognitive evaluation, rather than cognitive ability, predicted responses to stress. Specifically, coping with stress during anticipation was influenced by 'secondary' cognitive evaluation associated with the perception of low self-efficacy (termed self-efficacy perception related to dealing with stress self-assessment), rather than 'primary' cognitive evaluation (perception of greater threat/challenge, termed stressor assessment). Poor self-assessment was an independent predictor of reduced cortisol reactivity during the test, indicating an inadequate stress response in adolescents. Additionally, poor visual memory was linked to cortisol hyperreactivity to stress, while internalizing disorders amplified the relationship between verbal memory and cortisol reactivity. These findings highlight the crucial role of cognitive self-assessment, rather than intelligence alone, in emotion regulation and its impact on stress outcomes (Slattery et al. (2013).

There is a lack of agreement on whether the components of emotion sharing, perspective taking, and compassion are distinct or different aspects of the same empathy construct (Zaki, 2014), though these components may be closely linked for most people, even if they can be separated in theory. Some evidence indicates that they can be distinguished (Winter et al., 2017). The research on the dearth of motivation to experience empathy could potentially be connected, to some extent, with the majority of laboratory studies on empathy that primarily focus on the negative emotions of unfamiliar individuals. While certain studies propose that individuals may evade both positive and negative empathy (Cameron et al., 2019), it is plausible that empathy towards strangers is particularly lacking in motivation (Ferguson et al., 2020). Self-appraisal is closely associated with successful emotional regulation and cognitive flexibility. It enables individuals to effectively regulate their emotions and adapt their thinking in response to stressors. On the other hand, stressor-appraisal can contribute to emotional dysregulation and attentional tunnelling. This can lead to difficulties in regulating emotions and a narrowing of focus, which can impact executive functioning.

1.3 Biological Aspects:

The prefrontal substrate, which is responsible for executive control, plays a crucial role in guiding action selection when habitual actions are insufficient. This supervisory system is now understood as a central processor that influences habitual routines, allowing for the emergence of novel goal-directed behaviour. This concept aligns with the executive control systems proposed in other cognitive theories (Shallice & Cipolotti, 2018), emphasizing the purposeful nature of cognitive control functions rather than automatic or habitual processes. The frontal and parietal cortices, which serve as the biological foundation of executive control, is primarily associated with neural systems that rely on the prefrontal cortex, and to a lesser degree, the bilateral lateral parietal cortex, have been tentatively identified as the underlying basis for goal-directed behaviour (Clark, Lawlor-Savage, & Goghari, 2017) in general.

The axons of the neurons in the Locus Coeruleus exhibit a specific organization, forming multiple modules that extend throughout the brain. This arrangement creates a noradrenergic system characterized by extensive collateralization. Consequently, when the Locus Coeruleus is activated, there is a widespread increase in norepinephrine (NE) levels (Bari et al., 2020; Poe et al., 2020), within the cerebral networks. Interestingly, the activation of Locus Coeruleus neurons can occur subconsciously in response to fear, and this response is likely influenced by the corticotropin-releasing factor (CRF) afferents originating from the amygdala (Godoy et al., 2018; Reyes et al., 2019).

The functional connectivity between the Locus Coeruleus and the amygdala is strengthened under conditions of chronic psychological stress, particularly in relation to fear learning. This enhanced connectivity is mediated, in part, by the hypothalamic orexin system. The activity of the Locus Coeruleus facilitates the formation of aversive/fear memories (Sears et al., 2013), that depend on the amygdala. For instance, studies have shown that early retrieval of these memories (within 6 hours) is associated with the activation of circuits connecting the prelimbic prefrontal cortex (PFC) and the basolateral amygdala. On the other hand, later retrieval (up to 28 days) is linked to circuits involving the prelimbic PFC, the thalamic paraventricular nucleus, and the central amygdala (as observed in a rat model, Do-Monte et al., 2015). In contrast, prolonged and severe stress has been found to impair the inhibition of the amygdala, resulting in reduced connectivity between the PFC and the basolateral amygdala. This reduced connectivity leads to hyperactivation of

the amygdala and subsequent aggressive behavior (Wei et al., 2018). In essence, chronic stress disrupts the inhibitory influence of the PFC on the amygdala. However, thalamic pathways can still reconnect these regions, at least during fear memory retrieval.

The modulation of subjective probability, wherein low probabilities are given excessive weight and high probabilities are given insufficient weight, is influenced by the action of dopamine (Burke et al., 2018). Previous studies have identified neural indicators of loss aversion in the insula and amygdala (Canessa et al., 2017), and have established a connection between this phenomenon and both norepinephrine and dopamine (Chen et al., 2020). These findings suggest that the perception of subjective value is a result of the collaborative functioning of various independent mechanisms.

Studies have provided a more comprehensive understanding of the functions of prefrontal and subcortical regions in governing discounting choices. These findings have identified the ventral striatum (VS) as the primary instigator of impulsivity, while the dlPFC acts as a restraining force. Additionally, the vmPFC serves as the central mediator between these two regions, leaning slightly towards inhibitory actions. Subcortical structures play a crucial role in impulsive decision-making, with increased activity observed in both the dorsal (Hamilton et al., 2020) and ventral striatum (de Water et al., 2017).

Sladek et al (2016) demonstrated a correlation between increased cortisol levels and higher perceived daily stress severity, specifically in cases involving low self-appraisal and engagement coping strategies. This situational dependency in cortisol reactivity suggests that engagement coping may stem from a lack of confidence in one's coping abilities and subsequent low self-appraisal.

The ventromedial prefrontal cortex (PFC) plays a crucial role in integrating memory and emotional systems necessary for decision-making. On the other hand, inputs from the striatal and anterior cingulate cortex (ACC) can introduce bias to this process (Fitoussi et al., 2018; Hiser and Koenigs, 2018). The amygdala is responsible for mediating emotional responses that involve the insula, which is associated with feelings of social pain, empathy, and anger. In social situations, the medial PFC and amygdala, rather than the ventral striatum, are involved in moderating decision-making (Hiser and Koenigs, 2018). Additionally, heightened levels of fear or anger, such as an exaggerated amygdala response to a stressor, can lead to impulsive or immediate actions that impact decision-making. Hippocampus has the ability to facilitate the acquisition of knowledge in cases where the consequences linked to a stimulus are contingent upon the combination of its features rather than each feature in isolation. The hippocampus can calculate a condensed depiction of the stimulus by employing pattern separation, and a significance can be attributed to this computed representation rather than to each distinct feature. Findings from fMRI scans, which reveal that the hippocampus plays a crucial role in facilitating reward learning from stimuli that possess various features (Ballard, I. C., Wagner, A. D., & McClure, S. M. 2019).

The dopamine-dependent link was particularly vital for similarity-based processing and generalizing outcome predictions across stimuli (Kahnt & Tobler, 2016). These outcomes propose that both episodic memory and reinforcement learning mechanisms cooperate to grasp real-world outcomes. The ability to comprehend intricate stimuli with various characteristics and effectively link delayed rewards are both fundamental aspects of real-world learning.

It has been indicated by evidence that subcortical areas and those involved in dopaminergic transmission play a more significant role in explore-exploit behaviours than previously acknowledged (Chakroun et al., 2020). This finding adds complexity to the understanding of the underlying mechanisms driving these behaviours. In particular, elevated levels of dopamine in the striatum have been found to promote explorative behaviour (Verharen et al., 2019) and influence individuals to abandon patches in unfavourable environments earlier during a foraging task (Heron et al., 2020). Conversely, lower dopamine levels only dampen directed exploration in comparison to random exploration (Chakroun et al., 2020), suggesting that the effects of dopamine may vary depending on the specific exploration strategy employed. Additionally, when making exploitative decisions as opposed to explorative decisions, there is greater activation observed in the ventral tegmental area (VTA; Laureiro-Martínez et al., 2015), indicating that explore-exploit decisions are associated with reward-related regions.

1.4 Weak Points of Stress

Notably, the presence of stress did not have any impact on the risk-taking parameters. Interestingly, stress and anxiety had contrasting effects on the perceived risk associated with socially relevant events. On one hand, stress heightened the estimation of risk in social encounters. On the other hand, anxiety reduced the estimation of risk in similar encounters. While anxiety influenced risk estimates related to negative outcomes in socially relevant encounters, stress did not have the same effect. The selection of a strategy is contingent upon its absolute reliability, as determined by the ventral striatum and nucleus accumbens, amidst a range of available scripts represented by the dorsal striatum and nucleus caudate. In cases where a reliable strategy is not accessible, a new task-set is formed due to the binary nature of decision-making in the presence of ambiguous stimuli (Collins and Koehlin, 2012).

In the realm of uncertainty caused by stress, the decision-making process hinges on the anticipated benefits associated with different options (linked to specific brain regions such as the ventral striatum, the nucleus accumbens, and the ventral putamen, which are involved in cognitive control). The aim is to optimize the utilization of these options through reinforcement learning or instrumental conditioning (Vogel et al 2017). Palamarchuk IS and Vaillancourt T (2021) proposed to update the existing dichotomy in the field of cognitive appraisal. This dichotomy consists of two components: self-appraisal, which refers to an individual's perception of their own ability to effectively cope with a stressor, and stressor-appraisal, which refers to an individual's perception of the threat or challenge posed by the stressor. The purpose of this dichotomy is to enhance the effectiveness of cognitive behavioral therapy and to facilitate translational research on stress and mental resilience.

The specific aspects of this cognitive appraisal dichotomy are linked to the interplay between the prefrontal cortex (PFC) and the amygdala during the processing of aversive emotions and fear. This interplay is associated with stress sensitization and can have implications for psychiatric outcomes.

In summary, updating the dichotomy in cognitive appraisal by considering self-appraisal and stressor-appraisal can provide valuable insights for cognitive behavioral therapy and translational research on stress and mental resilience. Understanding the role of self-appraisal and stressor-appraisal in emotional regulation and executive functioning can contribute to a better understanding of stress-related psychiatric consequences.

Both stress and anxiety to be monitored in improving the risk-taking behaviour of the entrepreneurs. Fearful individuals tend to have an exaggerated perception of negative outcomes and anticipate negative consequences of specific events, which leads to a reluctance to take risks. However, low socially anxious individuals, regardless of external social cues, are more inclined to engage in risk-taking behavior, resulting in higher financial gains (Hengen KM and Alpers GW 2021)

Despite the significance of intentional choices, there is evidence suggesting that the process of reasoning or deliberating does not always enhance the quality of decisions (Raoelison et al., 2020). When faced with a complex decision that encompasses intricate information, such as inflation, compound interest, and disintermediation, relying solely on knowledge and deliberation does not result in optimal decisions (Lusardi and Mitchell, 2014).

Individuals who possess a greater inclination towards a deliberative processing style demonstrate enhanced abilities in making decisions (Kahneman, 2011). due to flawed intuitive assessments stem from partial intuitive mechanisms and a relaxed oversight of the analytical system that neglects to rectify these intuitive transgressions of standard considerations. (Ayal et al., 2012) found no connection between biased judgments and an intuitive cognitive approach.

If information that is not relevant or overly complicated is carefully analyzed., deliberately, the resulting decision may exhibit a higher degree of bias (Hochman et al., 2015). Usher et al. (2011) conducted a series of four experiments to examine how mindset and distraction manipulations affect the quality of decision-making. The findings indicated that intuitive strategies had the potential to outperform deliberation-analytic strategies when it came to value integration, which is a crucial aspect of complex decision-making. These results further support the notion that the intuitive mode of thinking may be more effective in certain complex decision-making scenarios (Usher et al., 2011; Rusou et al., 2013; Brusovansky et al., 2018).

Given the challenges posed by complex information and the potential lack of formal financial knowledge among individuals (Lusardi and Mitchell, 2017), it is plausible that adopting a more intuitive approach could result in improved economic decision-making (Balasubramnian and Springer, 2020).

Repeated exposure to identical choices may hinder individuals' instinctive reluctance towards uncertain or hazardous alternatives, particularly when confronted with intricate and obscure terminology and ideas (Lusardi and Mitchell, 2017).

Krava L, Ayal S and Hochman G (2021) concludes based on three studies conducted that the utilization of a deliberative mode-of-thought has been shown to result in enhanced financial decision-making. Conversely, the interplay between intuitive processes and deliberative reasoning plays a crucial role in fostering rational choice behavior. It has been observed that the quality of debt allocation decisions notably increased with accumulated experience. Interestingly, this enhancement was more conspicuous when individuals relied on intuition rather than deliberation. Deliberative financial decisions can be ineffective and may impair decision quality under repeated selections. The results of the debt management game further suggest that decisions that are considered economically rational might be more automatic, and secondary considerations that are more psychological in nature could focus people's attention on irrelevant data and thus lead to sub-optimal financial decisions.

2. Current Study:

Current Study is based on the Wonderfeelz Relaxation Technique (Ramesh Kumar G S 2024) and is based on the model advocating Deconfiguring Stress Response rather than Inducing Relaxation, as the one leading to relaxation. In Wonderfeelz Relaxation Technique, no breathing exercise is used, since it has been demonstrated that slow breathing itself is a relaxation technique on its own, and adding it with any other technique would not amount to single independent variable.

Wonderfeelz Relaxation Technique rather uses guessing as a main tool for Relaxation.

2.1. Current Case:

Current subject is a 45 years old business man from Tamil Nadu. He has been a successful businessman for fifteen years, and later for the past five years he has been undergoing severe odd situations due to being deceived by a stake holder and subsequent heavy losses and running-out-of-money situation. He initially approached for relaxation and sleep inducement. He took one session of Wonderfeelz Relaxation Technique and practiced everyday twice. His average time required for each instance to practice at home was between 20 and 25 minutes, as he reported.

He was giving feedback about how he does the Wonderfeelz Relaxation and the current author would only check if he has been doing correctly and did not assist further.

2.2. Improvement he reported:

He reported improvement from day one in the form of improved sleep and that persisted. Second day onwards he reported 'mental clarity' and felt 'lightness (not heavy) of body'.

Initially there was no intention to measure other aspects, but as he reported better decision-making, Decision Styles Questionnaire (Leykin Y and DeRubeis RJ 2010) was used. This questionnaire was selected as it is measuring decision styles related to symptomatology and also related to ones' self as decision maker. But modified the responses to reflect 'improvement than earlier', i.e., improvement in each item indicated aspect when compared to the same before the session was given. Decreased Than How It Was Earlier – Minus 1 Point, No Change Compared To How It Was Earlier – Zero Point, Slightly Increased Than How It Was Earlier - +1 Point, Much Increased Than How It Was Earlier - +2 Point and Totally Increased Than How It Was earlier - +3 Point. Thus, for a negative factor such as Anxiety higher value will reflect worsened condition and lower value will reflect betterment.

Similarly for a Positive factor such as Respect, higher score will reflect betterment and lower score will reflect worsened condition.

Table 1 Scores on Decision Styles Questionnaire

Respect	Confident	Avoidant	Depression	Anxiety	Vigilant	Spontaneous	Intuitive	Brooding
0 (No Change)	12 / 15	Minus 3 / 15	0	Minus 3/15	7/18	0	9/15	Minus 3/15

Additionally used DASS – 21 (Lovibond P. F. and Lovibond S. H. 1995) was used with the smaller modification of "Less Than Earlier". The higher score will indicate better improvement in the subscale, consequent to the Session

Table 2 Scores on DASS 21

Depression	Anxiety	Stress
11 Out of 21	5 Out of 21	14 Out of 21

3. Discussion

The scores indicate that the Decision Styles improved Avoidant, Anxiety, Vigilant, Intuitive and Brooding. No change is observed in Respect, Depression and Spontaneous. DASS scores indicate that comparatively highest improvement found in Stress followed by Depression and Anxiety. These results indicate that the Wonderfeelz Relaxation Technique is useful in reducing stress, depression and anxiety. The Technique also has shown improvement in Decision Styles and Self As Decision Maker. The results are obtained using the Abstract Guessing as a mode and the literature support guess for various reasons. The Perspective Taking is being improved without the necessity to look from others point of view and without losing one's originality but at the same time, generating multiple perspectives too. Wonderfeelz Relaxation Technique also indicates tapping the pathology, as evident from the Symptomatology based Decision Styles Questionnaire used in this study.

Abstract concepts have a greater diversity of members and do not refer to a single object, in contrast to concrete concepts. Additionally, abstract concepts are more disconnected from external sensory experiences and are rooted in internal sensory experiences (Connell L, Lynott D, Banks B. 2018). They also exhibit more linguistic and contextual variability compared to concrete concepts (Faladays JB, Spivey MJ. 2019). Moreover, abstract concepts are typically acquired at later stages of development and are more likely to be learned through linguistic explanations rather than through perception, unlike concrete concepts (Villani C, Lugli L, Liuzza MT, Borghi AM. 2019). In recent times, a few authors have begun to explore the nuanced variations among different types of ACs, rather than treating them as a homogeneous entity (Villani C, Lugli L, Liuzza MT, Borghi AM. 2019; Harpaintner M, Trumpp NM, Kiefer M. 2018; Muraki EJ, Sidhu DM, Pexman PM. 2020). Notably, certain recent studies have concentrated on examining the neural representation of abstract social concepts and comparing them to other concepts (Desai RH, Reilly M, van Dam W. 2018). Among the various theories on Abstract Concepts, the words as social tools (WAT) proposal has placed particular importance on the social aspect (Fini C, Borghi AM. 2019). This emphasis aligns with empirical evidence demonstrating that ACs elicit more introspective and social characteristics when compared to Concrete Concepts (Kiefer M, Harpaintner M. 2020).

Significantly, while processing Abstract Concepts, we may encounter the metacognitive sensation that our understanding is insufficient (Shea N. 2018). An implication of this scenario is that, in the event that air conditioners require assistance from others, it is imperative for us to exhibit greater levels of cooperation while utilizing them. Fini C., Era V., Da Rold F., Candidi M., and Borghi AM. (2021) argue that when attempting to identify abstract concepts as opposed to concrete concepts, individuals tend to depend more on input from others. This behavior can be attributed to the fact that abstract concepts are often more challenging to grasp compared to concrete concepts. The complexity of abstract concepts necessitates seeking assistance from others, leading to a higher level of collaboration with others. Abstract Concepts are known to elicit a greater number of pro-social behaviors compared to Concrete Concepts due to their inherent difficulty.

Current study finds some support but reliably for improving the Perspectives and Decision Making, thereby increasing the 'cognitive resources' to tackle the situations. Wonderfeelz Relaxation technique does not involve any imagination or auto suggestion to induce relaxation artificially. Rather, it helps deconfigure the stress response by increasing the required cognitive resources to tackle the demands and thereby leading to surfacing a natural relaxation that has been suppressed so far. This is in line with the Stress Model proposed by Ramesh Kumar G S (2024). This model argues that Relaxation Is not obtained by 'inducing' (such as by imagining soothing stimuli) but by Deconfiguring Stress Response (Fig.1, Fig.2 and Fig 3).

It was proposed that stress is processed on a psychological continuum of perceptual response, and multiple stimuli with shared features are associated and strengthen this perception of stress. For instance, when encountering the number 5, one's thoughts do not stop there, but rather, various associations related to the number 5 are made, such as "numbers," "5 table," "5th Standard," or "House of door number 5," as well as personal associations like a vehicle number containing the digit 5. Consequently, the responses to these stimuli also become multiple.

This strengthening process occurs due to the human system's inherent "progressive tendency" (Ramesh Kumar G S, 1999), which actively reinforces the current continuum of stress perception and response at any given moment. Stimuli with shared features are bundled and configured to further strengthen this continuum, overpowering any pre-existing state of natural relaxation. Therefore, according to this model, relaxation is not something that needs to be induced, but rather something that needs to be recovered.

To achieve relaxation, it is necessary to dismantle the strengthened stress perceptual-response continuum, which is inherently progressive. This can be accomplished by dissociating the bundled perceptual stimuli with shared features. By maintaining an alternative stimulus in a stereotypical manner, the dissociation of these bundled perceptual stimuli with shared features can be facilitated. As a result, the stress response is weakened, leading to a reduction in the previously maintained state of arousal caused by the bundled and configured stimuli. The effectiveness of Deconfiguring the bundled stress perceptual-response depends on the potency of the alternative stereotypical stimulus. This reduced state of arousal is referred to as relaxation.

In simpler terms, relaxation is the outcome of dismantling the actively reinforced stress perceptual-response continuum. Therefore, the key is not to simply "relax," but rather to deconfigure the bundled stress perceptual-response. Stress is often categorized into two main streams: approach thoughts and avoidance thoughts. Approach thoughts typically result in urgency stress, while avoidance thoughts tend to reinforce unresolved stress. Through repeated sessions of dismantling bundled stress, the perceptual-response mechanism triggers the formation of a memory trace associated with a relaxed state of mind. This memory trace then serves as the standard or reference point for setting personal goals and focusing the mind. Whenever an individual encounters bundled stress, this memory of the reference state of mind acts as a motivational tool. In cases where the individual's past memory of the reference state of mind is not strong enough to maintain focus, efforts are made to create new learning and memory associated with that state of mind. The ability to sustain a relaxed state of mind hinges on the retrieval of past memories of the reference state of mind or the formation of new memories. Therefore, the registration, retrieval, and maintenance of these memories are crucial components of the current model.



Figure 1 Response Continuum Consisting Approach and Avoidant Thoughts

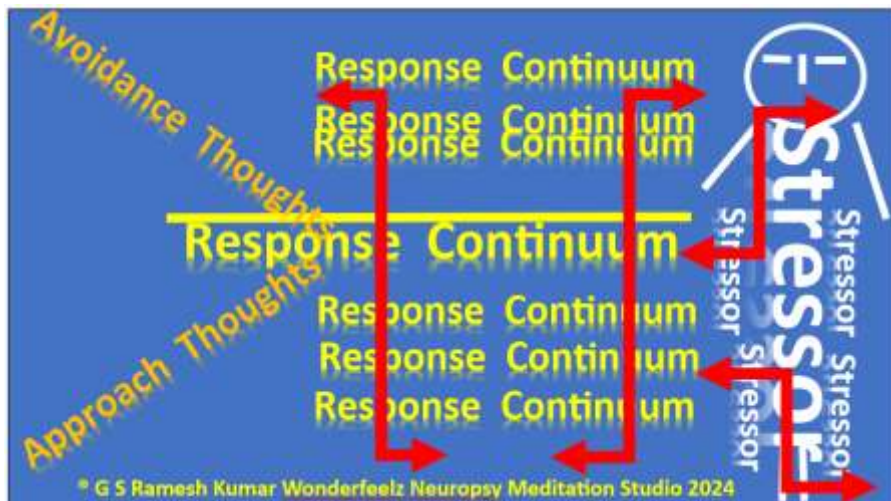


Figure 1 Bundled / Configured Stress Response Strengthened and Corresponding Stress Response

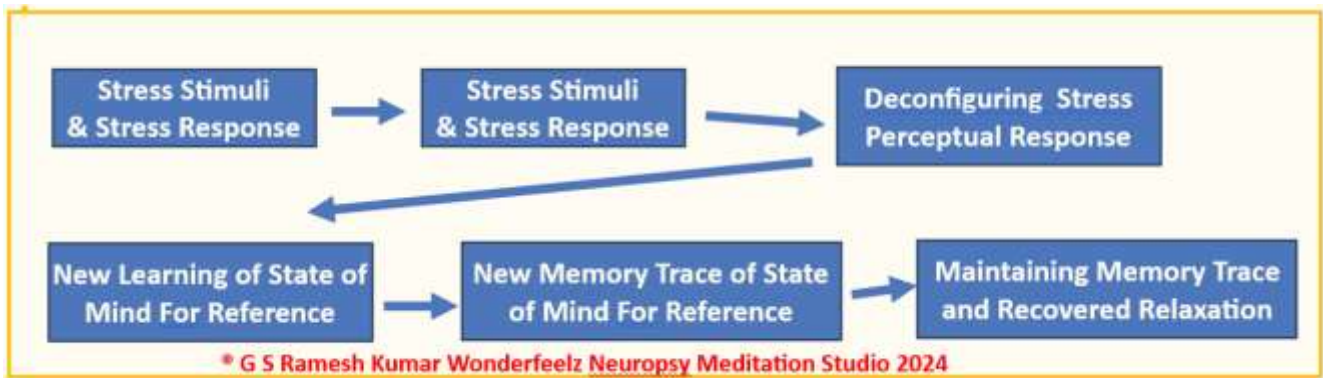


Figure 2 Flow Chart For Wonderfeelz Model of Deconfiguring Stress / Relaxation Recovery

4. Conclusions:

Current paper has described the results obtained for Decision Styles and DASS as a result of having administered Wonderfeelz Relaxation Technique.

Though Wonderfeelz Relaxation Technique was administered for relaxation purpose, the feedback by the Subject gave the clue to go for additional assessments of Decision Styles and DASS. In these both assessments, the scores indicate convincing influence of Wonderfeelz Relaxation Technique.

This technique can be used to develop the entrepreneurs who want to improve their business through improving decision making and Perspective Taking.

Wonderfeelz Relaxation Technique helps improve Perspective Taking without losing uniqueness of the individual.

Wonderfeelz Relaxation Technique also indicates tapping the pathology, as evident from the Symptomatology based Decision Styles Questionnaire used in this study.

Recommendations For Future:

Wonderfeelz Relaxation Technique can be used in larger sample.

Limitations of the Study:

It is a single case research. It is a descriptive study.

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