

Aim and Steps

A little review: You have already taken a quite exciting path. Starting with getting to know the other - mostly unknown - participants, then dealing with the situation of the crisis and the experiences with the crisis. It continued with the question of orientation and the artistic condensation of values. Then came the imposition of the vision. „Imposition“ in German is „Zumutung“, with has a linguistic root in „Mut“ (courage), and I write this intentionally because as we have described it takes a good deal of courage to get into the conflicting field between self-devaluation and grandiosity. You can find a related podcast in the material for the moderators. The next stage was the question of power and what I have in my hands for my vision and what I am responsible for, what is not in my hands and for which I have to find trust and how I can bring this into a dialogue. Both for the CAT group and for the individual participant, there was already a narrowing/ focussing here. There is a request to get involved in one aspect. The choice of this one aspect has to do with limiting the conversation time and opportunity.

The task: Draw a picture on which the starting point, the first three steps, the possible obstacles and the selected (exemplary) goal become visible.

And now comes another break: We ask you to name one exemplary goal and to look for three steps that lead there.

The pictorial method allows us to discover a lot about how we deal with the path, the steps and, above all, the goal. But the break is the reduction to one goal. In this reduction, the issues that we all have around the goal emerge very quickly. Goals are limiting (us?). When we express them, they create a binding character and almost automatically develop the question of success and failure. What experiences do I have with success? Was I allowed to succeed in something? Was I celebrated? Did I experience my gain in this success or was I so exhausted that I didn't notice anything?

How about failure? What is your experience with it? Working in social contexts is inherently linked to failure. We cannot set the goals so clearly that they would lead to success. But is failure existential for you or a learning area? If it is the latter, you have a very high resilience factor. As a child, you were apparently allowed to learn through mistakes. For those who have been forbidden to make mistakes or for whom a mistake has threatened someone else through unfortunate coincidences, the question of failure and break-down touches on an existential level. Existential means that it is about the question of "life and death". Therefore, the question of the goal can very quickly trigger "resistance" for some of you. This resistance protects you from this existential threat of failure. I know that, too, in my picture I avoided mentioning the word "successful" implementation of the value project. I said it, but I know that "having a success" triggers many experiences of shame. That's why I always hold back in terms of public relations and hope that I will be "discovered". The problem is then that I no longer decide what will become of it. Then the discoverer determines. These are the things that each can reflect on for themselves. That's what this text is for, too.

CAT6

In the reflection of the 6th unit, we'll see a lot of outcome. Many of us were so "skillful" that they put even more and different goals in each footprint. Metaphorically, this is "running after a goal". Some have forgotten to write the goal on the paper, others have drawn the obstacles larger than their footsteps. There were also those who, like me, walk through the desert or those who let their feet roam through meadows and pleasant moss. It is important not to evaluate what has been discovered when looking at it. Being loving with yourself enables you to get out of the usual traps. The focus is on the process.

Success can trigger the same fear as failure. This is important for our civil society work. From my more than 40 years of work, I can only encourage you to find access to these fears, then you can more easily celebrate a goal that has been achieved and turn failure into a learning process.

The task for this unit: Draw a picture on which the starting point, the first three steps, the possible obstacles and the selected (exemplary) goal become visible.

An example:

