

How We Create the Situations We Face

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The inner landscape is a collection of situations which contains many references that define the space in which we live. These references can be emotional, bodily, symbolic, historical, among others. The function of our landscape is like a map that guides us in our daily life. Automatically, when we struggle with unfamiliar situations, we look to internal references of our personal landscape to find meaning about what we face.

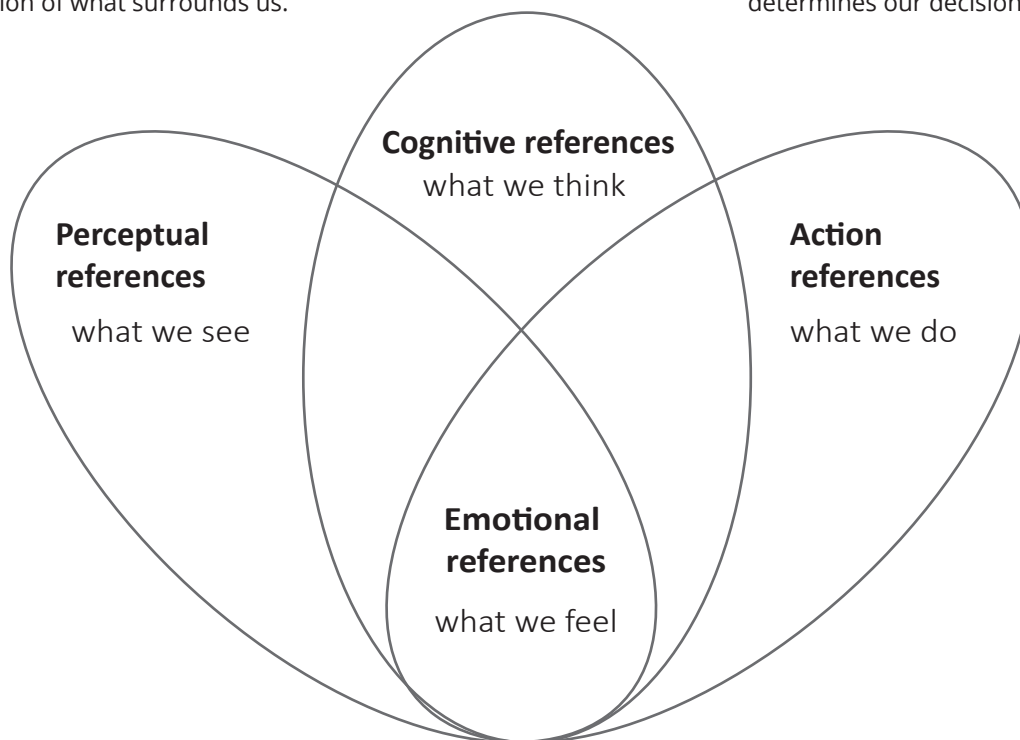
Discover Your Archetypes

We create the situations that we face from an emotional activation which is complemented by other references. It is possible to draw the dynamics of our situational archetypes following certain references that define our style of dialogue in the face of events.

This dimension defines the characteristics of the situations and includes the details and characters we identify and recognize, as well as the elements we either under or overestimate. These references affect our description of what surrounds us.

This dimension is the core of your explanations and arguments which support our point of view which materialize themselves in judgments, ideas, and concepts. The symbolic references arise from this dimension which explain and describe what we live.

This dimension includes the habits that define the way we act and involve patterns of responses. This dimension expresses the most visible aspect because these responses define the way we approach the circumstances and determines our decisions.



This dimension defines our automatic reactions to the facts and includes sensations of the body, moods, feelings, and attitudes. These are the first references that are activated giving a particular color to the circumstances we face (bright, colorful, dark, gray, etc.). These emotional colors will condition the emergence and interaction of the other references.

What Would You Ask Your Archetypes?

We are the authors of the emotional states in which we are immersed. The color of our emotions affects the way we perceive the facts; the meaning of what happens; and what we decide (our range of options). Depending on your emotional states, your landscape can be colorful or monochromatic. The quality of our emotional framework can either activate positive thoughts or make us prisoners of a cascade of harmful ideas.

We can address the archetypes to change the color of our landscape. We can dialogue with our archetypes identifying, redefining, renewing, this structure to transform automatic responses. The greater the emotional diversity, the better the resources to face the events.

How can we recognize our patterns of dialogue? Update the references, in the same way as a map. We can have a first approximation to our archetypes simply by asking them some questions.

You can focus on the emotions to change the color of the situation. Ask your archetype: *Where do these emotions come from? What words activate these emotions? Why are they always appear in the same way? What colors do those emotions have?*

You can focus on your perceptions to redefine the description of the territory. Ask your archetype: *What you see is everything that exists around you? Can you consider other perspectives? What emotions condition the perception of the facts?*

You can focus on your thoughts to check the quality of your narratives. Ask your archetype: *What explanations you define about events? Can you contrast them with other ideas? Can you try different ways of explaining the situation you face? What emotions express your narratives?*

You can focus on your decisions to check the variety of options you have in a situation. Ask your archetype: *How many options do I have in front of certain decisions? Can you consider other alternatives? Why are you clinging to a single option? What emotions prevent you from trying other decision alternatives?*