
**HOW WE CREATE
THE SITUATIONS WE FACE**

THE MAP OF OUR PAST

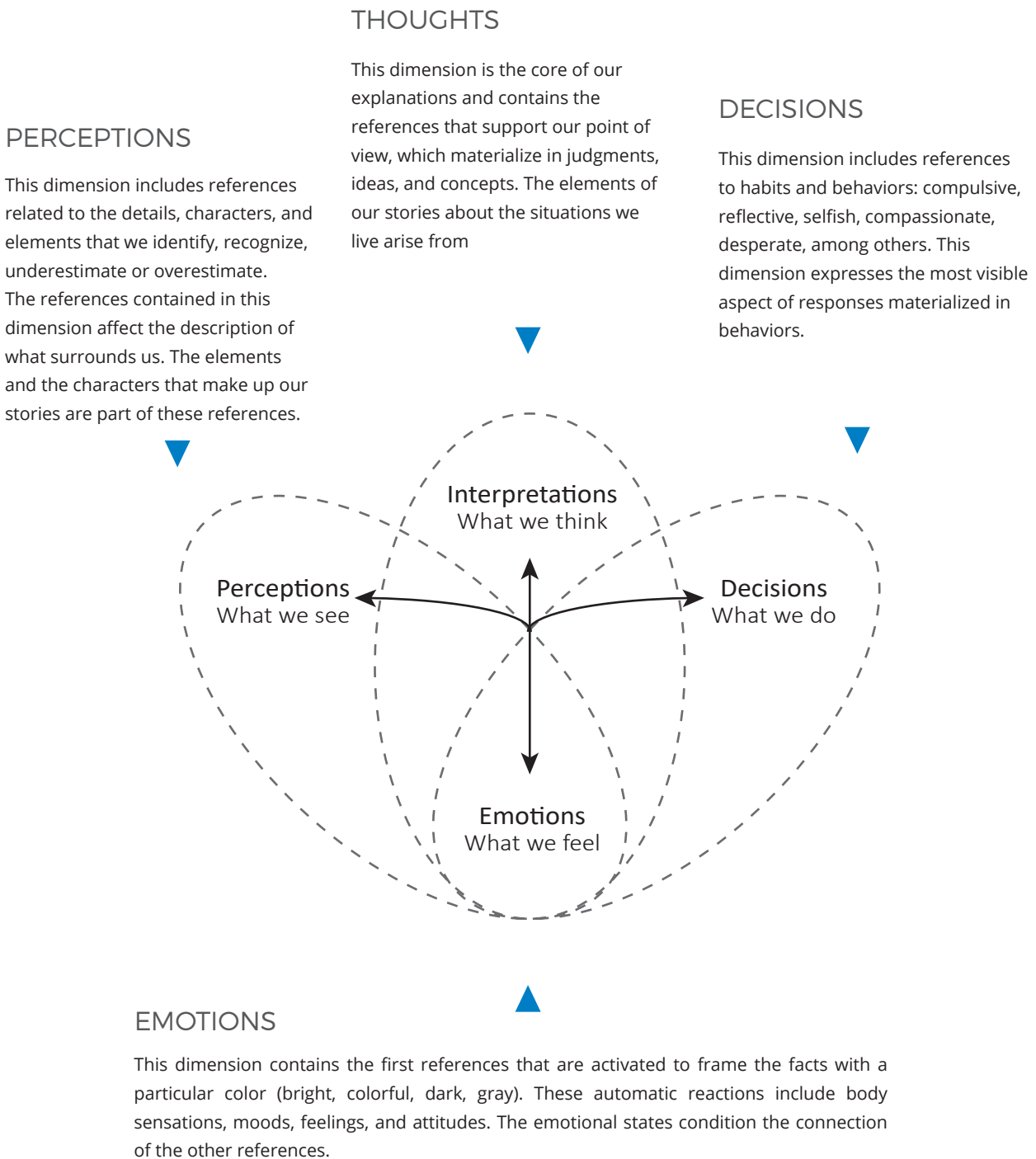
Marcelo Manucci

The inner landscape is a collection of references to our history that define the space in which we live. We do not store descriptions of the real facts; we compile references that we use to face similar experiences. In this way, our inner landscape treasures a repertoire of responses that we use to confront different situations. It guides us daily, and it establishes the limits of what is known and unknown in our lives.



CREATING OUR LANDSCAPE

We create the circumstances from specific references that define what emotions, what perceptions, what interpretations and what decisions cover the facts. The references define our responses. Therefore, the variety of references would allow us to face different circumstances with an extensive repertoire of emotions, thoughts, and behaviors; or it would lead us to limited and constrained compulsive decisions.



APPLY

The Hidden Paths of Your History

The color of our emotions affects the way we perceive the facts, the meaning of what happens and the way we decide in those situations. Depending on your emotional states, your landscape can be colorful or monochromatic, and these emotional references can activate positive thoughts or become prisoners of a cascade of harmful ideas.

The hidden paths of our history are sequences of unconscious responses on our map that we automatically act. We cannot control the emotional activation which triggers the sequence. However, we can reorganize those response patterns by unlocking their internal references.

How to recognize the hidden paths of your history? They are the response modes that are repeated automatically. We can recreate our repertoire of responses identifying, redefining, renewing, the references that make up the stereotyped sequences. In this way, altering the connection of the sequence would allow us to transform the situations we face and the way to approach them.

change
emotions

You can focus on emotions to change your mood. Think: Where do these emotions come from? What words activate them? Why do they always appear in the same way? What colors do these have? How do emotions manifest in your body?

recreate
perceptions

You can address your perceptions to redefine the description of the scenes. Analyze: Everything you see is everything that exists? What emotions influence the description of the situation? Is it possible to consider other perspectives? How to expand the vision of the facts?

redefine
explanations

You can review your thoughts to analyze your narrations. Identify: What are the arguments that define the situation? Is it possible to contrast them with other ideas? Are there different possible perspectives to explain this situation? What emotions involve your stories?

expand
alternatives

You can concentrate on the decision modes to expand your choices. Explore: What options do you have to address this situation? Are you aware of the consequences of these options? Is it possible to consider other alternatives? What emotions influence the creation of other options?