
**HOW WE CREATE THE SITUATIONS
IN WHICH WE GET INVOLVED DAILY**

THE SCENES OF OUR LIFE

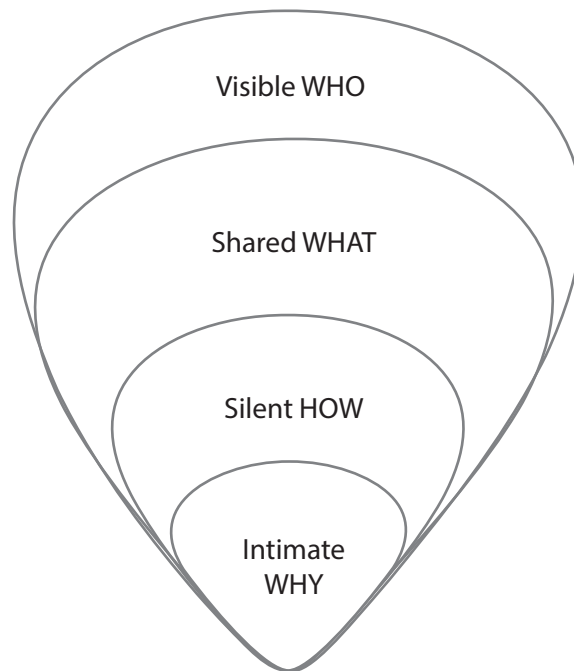
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The scene is the representation of a sensitive episode of our life. It can be a personal event or that of other people, but the important thing is that it is an episode with resonance in our landscape. The scene is a small fragment of daily life, limited in time and space, where certain characters develop a personal script.



LOOK BEHIND THE SCENES

The strategy of subtleties seeks to generate small interventions in the structure that holds our scenes. The strategy of subtleties does not work directly on the symptom but instead deals with the transformation of certain scenes that sustain the impossibility of change. We can recognize different dimensions that determine what we experience.



WHO | It is the first dimension which contains all the elements that characterize the scenes where you participate (real or imaginary). The components of this dimension can be persons, behaviors, attitudes, things, internal sensations or feelings, and symptoms among other visible characteristics. In our relationships, this is the first dimension that we identify, show, and share.

WHAT | It is the dimension behind the visible elements containing a set of narratives that create the connections between things and characters. These stories connect people, explain causalities and justify situations, and emotional states. The collection of stories creates a script that supports the different scenes of your daily life.

HOW | It is the dimension behind the stories which contains the rules that determine the way of participation in the scenes. It is a hidden order composed by patterns that you cannot see (like the elements of the first dimension) or rules that you cannot easily manipulate (like words of the second dimension), but you can recognize them in repeated situations.

WHY | It is the dimension behind the rules and constitutes the heart of the scene because it contains the meaning of this situation in our life. If you think, what is the sense of holding a particular scene in our life?; or what is the meaning of sustaining a certain conflict? If you wonder "why," you can connect the meaning of your participation in some scenes.

APPLY

Unfold Subtleties to ■ Transform Your Scenes

From the most visible elements to the most hidden aspects of scenes, we can find subtleties in each of the dimensions. We can decompose a scene in who makes up that scene (characters or elements); what we say about what we deploy (the narratives that explain the situation); how we participate in this circumstance (our way of acting or position in the scene); and why we are involved in that scene (intention or sense of our participation). All these questions open spaces in our scenes to introduce subtleties that transform the dynamics of those significant moments.

- Change is not a linear process: doing something and get something. This process is a manipulation. A planned process of manipulation does not promote the transformations in your conditions of life. Many times, we try to change the visible elements of our landscape with new characters, new things, new roles, new emotions (manipulating the elements of the first dimension). We also attempt to transform our stories looking for other explanations, other justifications, new reasons (manipulating the elements of the second dimension). However, modifying elements and words do not lead to change if we do not explore and transform the invisible patterns (the silent order) which organize the dynamic of the visible dimensions.

identify
resonances

Firstly, when you approach a scene, identify what resonates in you. These sensitive points can be: emotions, memories, positions, roles, feared actions, among other things. These resonance points are small windows to look at the patterns. These points show the aspects that can hold change interventions.

creat
subtleties

Secondly, generate subtle interventions on these points; something different without being very challenging or disruptive. Just do something unusual to test other possibilities of order: try new behaviors, try new feelings, change your role in the scenes, explore new connexion with other persons.

sustain
changes

Finally, get feedback about the result of these small movements to transform the subtleties into new rules for your life: check the effects of the small interventions, listen to the comments of the people you trust, recognize other people's opinions about you. Use feedback this feedback as a mirror to shape and amplify your subtleties.