

The Circle of Vulnerability

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We are mammals that build our reality emotionally and symbolically. We are mammals who live in our own landscape which provides temporary stability to deal with the dynamics of events. Therefore, dealing with new aspects of our lives, sometimes, is a complication. Sometimes we transform the temporal stability into rigid walls that trap us because that fictional photograph cannot contain the maelstrom of modern life events.

We engage in “what we believe” about the reality

People, both individually and in groups, generate self-destructive realities based on two reasons: when their future becomes meaningless (when they lose their purpose), or when they cannot maintain the meaning of their future (they lose the commitment with their purpose). When people lose the meaning of their future (because it is not clearly defined or because it has been overwhelmed by the routine), they stop their growth and begin to spin in a circle of despair that leads them into survival conditions of life.

The survival mode creates a circle of vulnerability which consists of a modality of dialogue with the reality that is sustained in three paradoxical behaviors that give us the illusion of having circumstances under control.

FIRST PARADOX: The effectiveness of inefficiency. We become inefficient due to the impossibility to respond to new events. Inefficiency in our lives means disorder, procrastination, and compulsive reactions. The effectiveness of inefficient performances is an adaptive response mode under conditions of survival.

SECOND PARADOX: Advancing by doing everything possible to go back. People become inert because they do not know how to take the next step in context. Inertia appears due to the fear that is generated by new situations and the inability to deal with a context that alters our personal references.

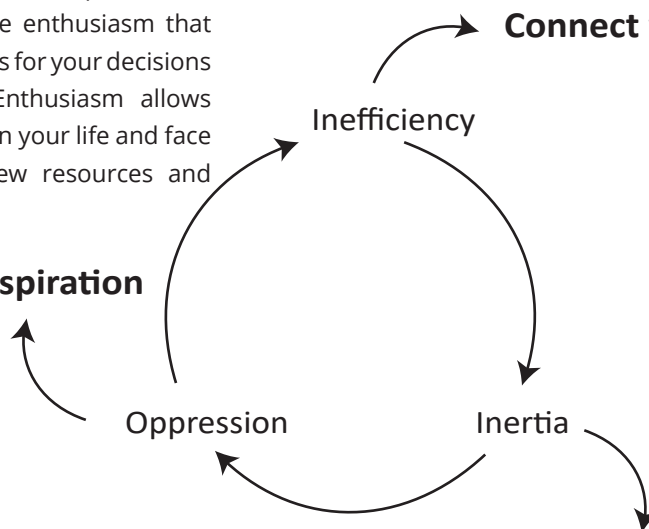
THIRD PARADOX: The present as future. This paradox is a consequence of an empty future. In survival mode, the only thing that matters is the present. In survival mode, you lose the future. For this reason, one can fall into the trap of running desperately without any direction, and you spin aimlessly in your inner landscape. The simplest way to realize the precariousness of our future is the boredom of our life.

Transform the vulnerability

The conditions of oppression are not in the territory but rather in your inner landscape. If you want to transform the paradoxes of vulnerability, explore your inner landscape. If you feel the weight of oppression, do not change territory. Instead, explore changes in your inner landscape with the goal of allowing newness into your life. The possibilities to extend your landscape depend on the capacity of your emotional states to reshape, create, and maintain the new that generate new options for your living conditions.

Extend the horizon of your landscape to break the paradox of *the present like future* and renew the enthusiasm that frames new directions for your decisions and relationships. Enthusiasm allows you to hold the new in your life and face the present with new resources and decision options

Recover the inspiration



Recover sensitive connection with the circumstances of life to break the paradox of *the effectiveness of inefficiency* and introduce new options. Sensitivity allows you to identify different possibilities around you.

Connect with new realities

Explore renewal paths

Question the archetypes that define your style of dialogue with reality to break the paradox of *advancing by doing everything possible to go back* and create new patterns to transform your inner landscape. Renovation connects you with the ability to recreate new possible directions in your life.