

Amplify Small Changes

Change fails when it only seeks change. In other words, change fails because it aims to change the symptoms. The goal of the transformation is to create new rules of life. Symptoms are allies of our vulnerability.

To unfold the subtleties in your life, you must amplify small changes: introduce small shifts in your routine; make small changes in habits, and maintain these changes over time.



Identify resonances in your scenes

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.

Explore something different in your life

Try something different in your routine. 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.

Extend small changes in your relationships

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.