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**HOW WE CAN BRING  
ALTERNATIVES IN OUR DECISIONS**

# **FIND NEW OPTIONS IN THE LANDSCAPE**

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People are seekers of meaning. We trace the boundaries of our territory creating definitions about what we see. We usually look at the reality from the same perspective, towards the same side, based on the same references, maintaining the same prejudices, and we assume that our perception of reality is what is happening. Our gaze has biases that determine our understanding of the facts. It is an inevitable process that defines what we know and what we do not know. This process can trap us into an imaginary and unreal landscape.



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DISCOVER

# CLEAR THE FOG FROM YOUR EYES

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We live inside our descriptions of reality. These arguments depend on what we see and how we interpret the circumstances that we face. Alternatives may appear in your life if you are aware of the difference between what is happening and how you interpret about this situation.

All the situations that you face have possibilities. However, possibilities are not related exclusively to favorable conditions. The movements of the facts generate the possibilities. They are the result of what could happen in the dynamics of the events. Changes in our contexts create new events with different forms and consequences. So, possibilities refer to the different shapes or resolutions that situation could have.

On the other hand, opportunities depend on personal images (our filters which define the interpretations) of the possibilities. The dynamics of the facts are not limited to what you know or what you can see of the circumstances you face.

To clear the fog of your scenes and open the situations to new alternatives, focus on two aspects. First, extend the boundaries of circumstances because this allows you to redefine the scenes you face. Second, unveil the patterns of your look, discover your personal filters that prevent the design of opportunities inside these scenes.

When you introduce new options into your scenes, you enrich your inner landscape. The options to give more brightness and color to your inner landscape are right in front of your eyes, but you might not see them because maybe you are looking in different places. The feeling of oppression of the routine is related to the lack of options. Monochromatic landscapes are predictable but incredibly annoying.

POSSIBILITIES

OPPORTUNITIES

ALTERNATIVES

OPTIONS

# HOW

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## ■ Extend the Boundaries

**Include new characters in the plot.** This point is related to the opening of the focus of our analysis of daily facts. Explore the boundaries of scenes. Include new characters in the situations you face. Consider the interests of the actors involved in the situations.

**Identify parallel stories.** Do not analyze the scenes as a simple photograph because the situations are in permanent movement. Identify the stories that weave the plot of the scene. Look at the stories behind the characters and consider how these stories affect your own script.

**Redefine the explanations.** This aspect refers to the foresight of different possible situations that may affect the evolution of facts and the opening to new scenes. Think that something different could happen. Redefine your explanations of the facts. Rehearse new versions of what is happening.

## ■ Unveil the patterns

**Update your statements.** We live within our script. We explain the world around us to make sense of it. Update the statements that guide you. Participate in conversations that allow you to discover new dimensions of the events. Move from your ideas to know different perspectives.

**Release your emotional ties.** The statements of your script are tied to your body by emotions. Each word has chemical roots that bind them to your body. Clear the arguments that hold the moods; make visible the invisible packages that influence in your interpretations and explanations of the facts.

**Shift your habits.** Habits of life are the results of our history that order the inner landscape. We respond to the facts by looking at ourselves, not the events themselves. Reviewing these patterns of responses allows the adjustment of our behavior according to the conditions of circumstances.