

Transform the Instability into Opportunities

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At different times in our lives, individually or in a group we face moments of change; when the future appears as a broad range of possible situations without more certainty about the final resolution. These are the moments in which one is faced with the possibility of creating new living conditions. These are a meeting point between the known and the unknown which allow us to be opening to new realities.

The Creativity of Time

The creativity of time creates emerging territories. We cannot ignore the passage of time, but we can decide how to move against these emerging territories. We can decide how to deal with the new which time generates in its path.

Emerging territories are human systems (from families to communities) in a transition state to new structural forms of life. This state creates instability and unpredictability that characterizes their dynamics because people are testing new conditions of life. For this reason, their rules of life are fuzzy. You can identify that the life of a person or group is in an emerging transformation through three characteristics.

Permanent movement: This aspect relates to significant changes in very short periods of time which generates profound transformations in daily conditions of life. These are manifested in unusual situations that occur in everyday scenes: unexpected episodes, different modes of relationship, the appearance of new people, changes in the roles, and surprising emotional states.

Structural instability: This aspect refers to the deterioration of the sense of belonging of people with their reference groups. This is manifested in the fragility of relationships and the precariousness of the statements that ordered your life. Under the unstable state, integration principles are diluted or lost; small movements can cause significant turbulence in relations.

Unpredictable behaviors: This aspect relates to new acts that people test, seeking to adapt to changes in the system. People become more creative due to survival issues. These dimensions manifest in the number of contradictions in behaviors, emotional sensitivity, and paradoxical decisions that they could experience in different situations.

Take Advantage of the Instability to Create Changes

If we remain open ourselves when dealing with the dynamics of the emerging territories, we will be able to try and experience transformations that we usually do not consider when our life is in a conformable equilibrium. In this sense, we could transform the words that cause us fear (movement, instability, unpredictability), into three dimensions of opportunities to explore.

Take advantage of the movement to explore trends: This means that emerging systems due to the permanent movement are more sensitive to changes. Movements create more opportunities for innovation in your lives, for the adoption of new behaviors or new habits. The movement makes it possible to test something different to incorporate it into new living conditions.

Use structural weakness to create new rules of life: This aspect means that due to the structural instability of relationships, you question the values and principles that used to guide your decisions. Instability reduces the conservative status quo of your life and allows you to generate new sense to your connections, develop new statements, and redefine the meaning of some relationships.

Find the new changes in unpredictable behaviors: Based on the creativity of new responses, you are more open to change patterns that are usually subjected to history (personal or collective). Unpredictable behavior questions models (individual, family, social) about “what should be right.” These behaviors challenge the fear of change; there is no censorship to adopt the new (roles, ideas, orientations, and choices).