

Caring for the quality of scenes

Everyday situations we live in are composed of scenes (as in a film or theater) where our script unfolds. These scenes can be physical (including spaces and real actors) or they can occur in our imagination. While we cannot wholly control the dynamics of the daily scenes, we can take care of our personal exposure in those situations. The scenes activate emotions that have good and bad consequences for us.



Get away from harmful situations

Do not accept aggression; move away from those aggressive scenes, if this is not possible change your posture, try to position yourself in a different role or change the space.

Transform the frustration into learning

Follow an inland route to identify “what bothers you;” check the explanations that your script has for the discomfort; identify which words are pressing you.

Nourish your inspiration

Use the subtleties to transform the routine; use your curiosity to transform your scenes; create questions that challenge your own script.