Hi everybody,

We started our conversation by going over what we had learned last week about interventions in the form of four levels of a pyramid. The top level of the pyramid is event, thought or behavior, and at that level, interventions have the least leverage. The second level is patterns and trends, events over time, memory or knowledge. The third level is structure or context, culture, neurology or senses. The lowest level is that of belief, identity paradigm, or state of consciousness and interventions at this level have the most leverage.

We had a homework assignment to interview people and ask them what they count on us for. It appears I am counted on to write up notes. To process our homework inquiries into our utility, we did an exercise in class about listening to another person’s utility experience and recreating it for them. Roger reminds us to see the active listening as a service. It isn’t about repeating verbatim what they say, but to recreate the meaning that encapsulate their words. We want to demonstrate that they were heard. Note that if you are open about your listening, you might actually learn something and something could change. That, or confirmation bias can quickly set in.

The darker side of this exercise is that you could have a Machiavellian intent to manipulate and use their words against them. I suppose you could have intent to learn about someone to outmaneuver them. This is the “keep your friends close and your enemies closer” philosophy. However, if you’re looking for what your enemies are thinking about you, then consider a 360 evaluation. It’s great feedback if you can handle the truth. Happy growing!

For interventions, part of our reality is the change process, but part is associate thought. One way to describe reality is that it is just a delusion that allows us to function. We can get a broader perspective on our delusion by looking at the unintended consequences of our success with our utility. In other words, we’re trying to find our blind spot.

Let’s try this as our homework for next week. Make a table with three columns. The left column is utility, the middle column is your own judgment about your utility, or your theory of your utility, the right column is the shadow or unintended consequence of your success. Try to take what you learned about your utility and actively do it. Or you could pick one of your utilities and practice distinguishing it in others. Acknowledge and say something to someone when you see that quality present in them.

Keep in mind that we all may just be an experiment in a Petri dish for Roger.

See you on Tuesday Jan 22 from 2-4 pm instead of Monday the 21st. Dianne