



HSD in Action: Leverage the Complexity in Your Life

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Nothing is intractable.



Unlike a drop of water which loses its identity when it joins the ocean, we don't lose our being in the society in which we live. Our life is independent. We are born not for the development of the society alone, but for the development of our self.

adapted from B. R. Ambedkar



Today we will explore . . .

- ▶ **What?**
What makes self-improvement so hard?
- ▶ **So what?**
So what can inquiry teach us?
- ▶ **Now what?**
Now what patterns do you want to shift?





WHAT makes self-improvement so hard?



Judgment

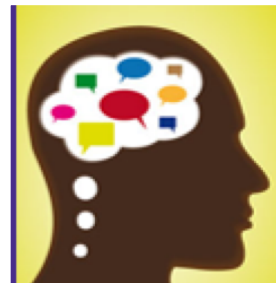
Conflict



Defensiveness



Assumptions





Curiosity

Shared Exploration



Self-Reflection

Questions





Make It Easy: Stand in Inquiry

Turn . . .

Judgment into curiosity

Conflict into shared exploration

Defensiveness into self-reflection

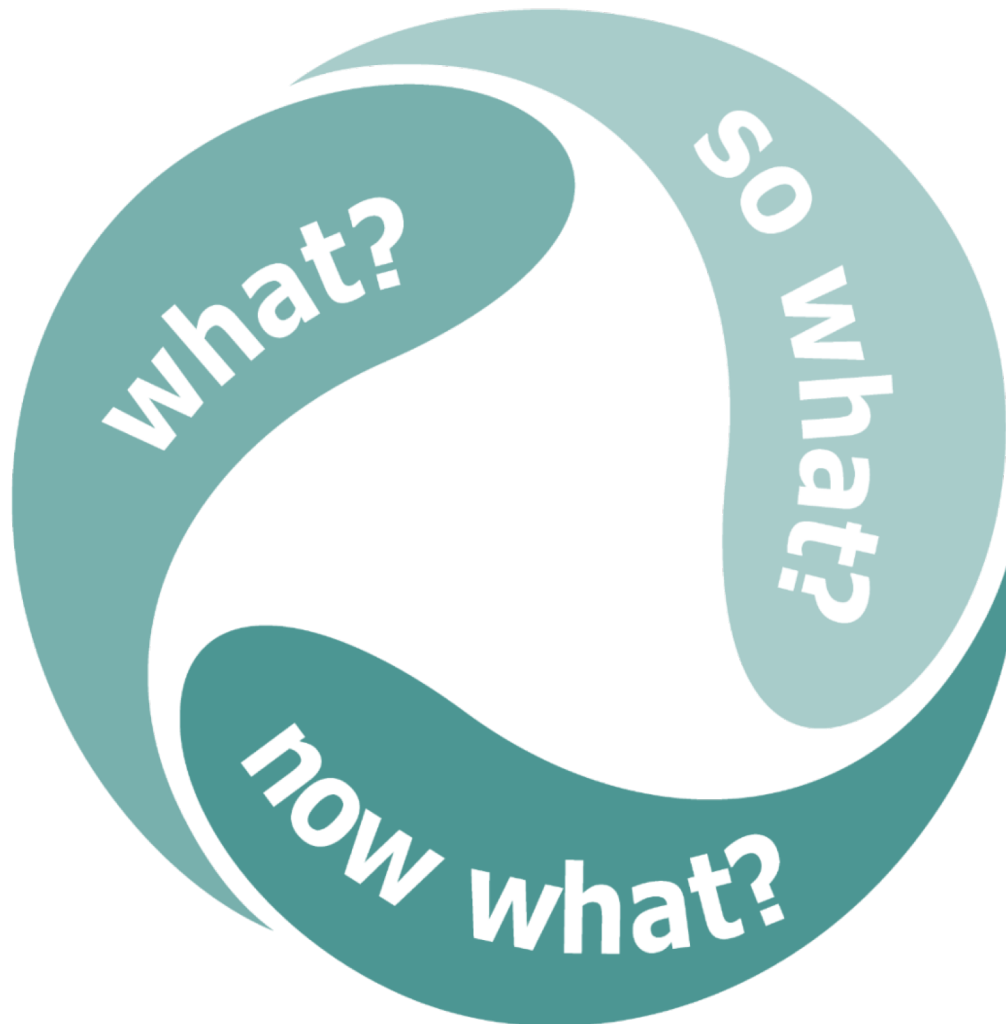
Assumptions into questions



**SO WHAT can inquiry
teach us?**



Adaptive Action for Myself





Adaptive Action for Myself

What?

- What tensions do I feel?
- What really happened?
- What have I seen before?
- What surprises me?
- What is new on the scene?
- What do I want, really?
- What moves me?
- What do trusted others think?
- What is useful?
- What . . . ?



Adaptive Action for Myself

So what is keeping me stuck?
So what is the urge to change?
So what are the risks?
So what are the benefits?
So what do I know? Wonder?
So what help is available?
So what has worked before?
So what has failed?
So what is the worst thing? Best?
So what . . . ?

So What?



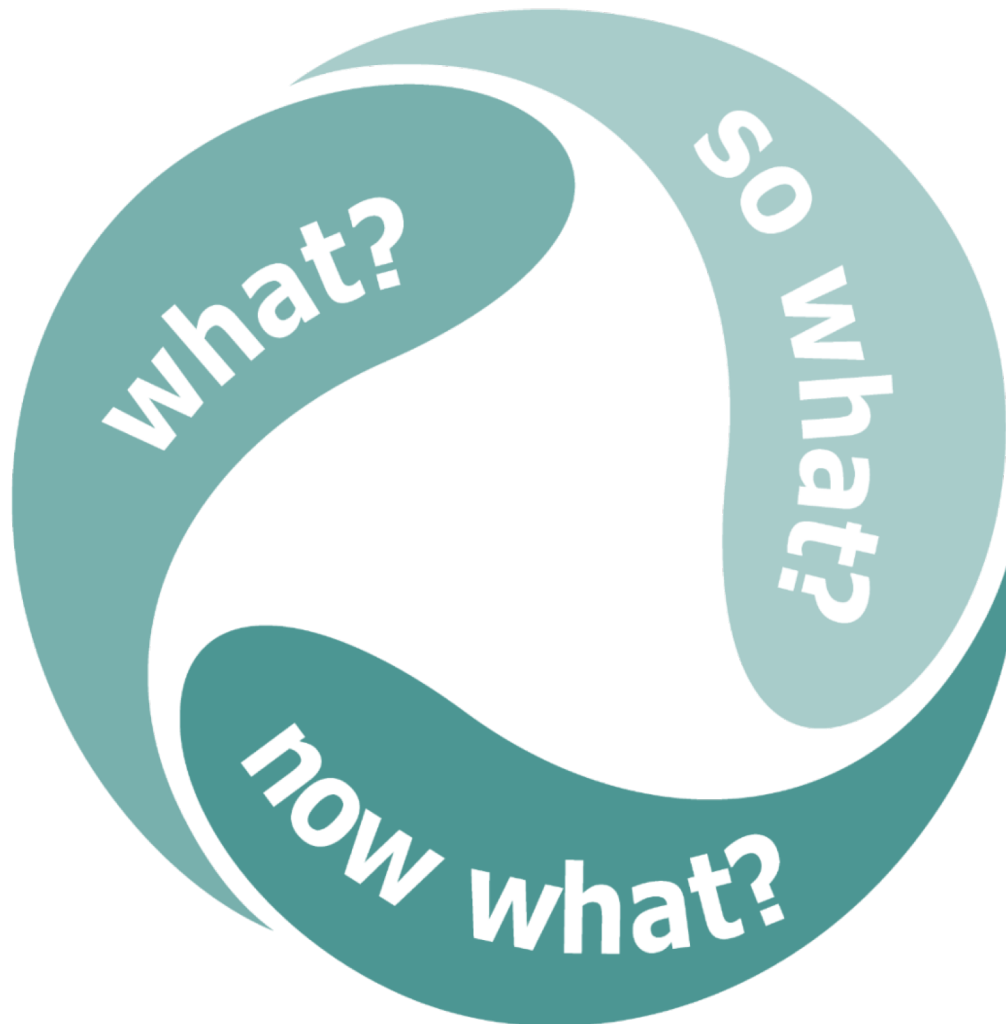
Adaptive Action for Myself

Now what will I DO?
Now what will I look for?
Now who will I talk to?
Now what will I expect?
Now what will tell me it worked?
Now what support will I need?
Now what . . . ?





Adaptive Action for Myself





**NOW WHAT patterns do
you want to shift?**



What do you want to shift?

	WHAT?	SO WHAT?	NOW WHAT?	
Judgment				Curiosity
Conflict				Shared Exploration
Defensiveness				Self-Reflection
Assumptions				Questions



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So what can inquiry teach us?
- ▶ **Now what?**
Now what patterns do you want to shift?





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Influence Patterns for Productive
Discourse: Adaptive Action and
Facilitation

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12-2 p CDT (5-7 p GMT)

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Thank you!