Simplifying Complex Change
Your Guide to Adaptive Action

What is the pattern you want to change?

(Write three sentences to describe the current situation.)

So what is holding the pattern in place?

Containers	Differences	Exchanges
(What holds the pattern together?)	*(What differences hold tension in the pattern?)*	*(What is moving or staying stuck inside the pattern?)*

Now what can you do to change conditions and shift the pattern?

Containers	Differences	Exchanges
(How can you change boundaries?)	*(How can you leverage or release tensions?)*	*(How can you change the flow?)*

Next what will you look for?

(How will you know when the pattern changes?)

Nothing is intractable.