

ACTIVITY

FROM BEHAVIOURS TO BELIEFS

People:	Ideally everyone in your group
Time:	20-30 minutes
Resources:	This activity sheet, a place to meet

Why should we do this?

This is a very quick way of helping people to see the connections between inner and outer behaviours – and start to get past beliefs such as:

“We just need to fix our physical systems for living like our energy sources, housing and food growing and everything will be ok” or “We have a problem with carbon, or climate change, or fossil fuels”.

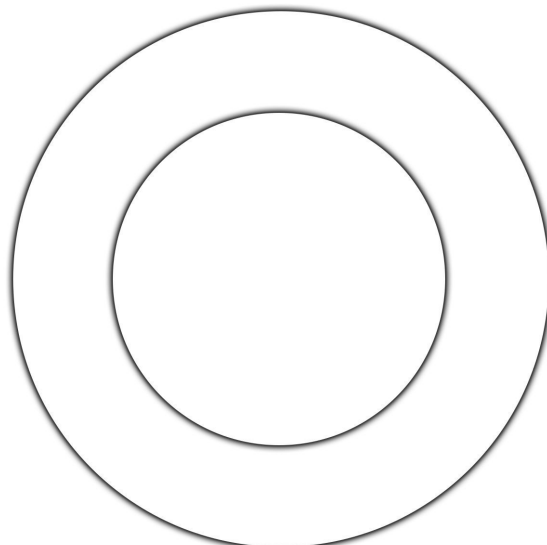
The essential message is that our inner beliefs and attitudes creates our behaviour and our experience from what’s around us creates our inner world view, so we can’t separate the two. To create meaningful and lasting change Transition needs to support change in both behaviour and beliefs – and in the things that are deeper in us than our beliefs. It can lead into a longer discussion.

(This activity came from Mandy Dean, a Transition Trainer from Transition Bro Dofi in Wales)

How to do it:

The following outlines how to carry out the behaviours to belieg activity:

1. Get people into groups of 3 - 6 and give each group a piece of flip chart and pens.



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2. Take 5 minutes to write down all the behaviours that lead to climate change in the edges of the paper outside the donut- don't write anything anywhere else. Brainstorm, and write down all things you and think of, you don't have to be totally in agreement about everyone of them. Suggest people don't get into long discussions about it, just get all the ideas down.
3. In the same groups take about 5 minutes to write in between the rings (but not the space in the middle), the values or beliefs you would have to hold to do those behaviours. Be clear that we only want beliefs – things that could follow a statement like "I believe that.." or "We believe that". Don't include general ideas like "greed" or "growth". What do you believe about greed, or growth?
4. Then place all the flip charts side by side and look together at the flip charts, in silence. Invite people to write in the central ring a single word, or two or three, that connects more than one beliefs, and somehow goes deeper – that is something that's underneath the beliefs.
5. Take up to 5 minutes. For example you might see "I have to get what I want before someone else takes it", and "growth is good" and "economics is about sharing scarce resources" as being about an underlying fear of scarcity.

At the end you can either

- Simply have some time to talk about what you've discovered.
- Go further into a discussion about inner worlds – for example, below is a slide that looks at 6 core issues that regularly come up that are to do with our inner beliefs and experiences of life.

Take some time to explore how these issues are present for people in the group.

- How do they show up in how your group works?
- What can you do in your group to support the positive experience of these 5 issues, and to notice and do something when the negative version is creeping in?

On the following page are some examples of the way negative beliefs that easily come into a Transition group can be remedied – either through public events, or by attending to what's happening in group meetings.

More support:

For more support and information on creating visions and analysing how we see the world go here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/vision/>

Check out the 7 essential ingredients of Transition here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/>

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Negative belief	Positive belief	How to make a shift in your community or group
Not enough (time, people, resources)	There's enough!	Shared meals, swap shops or freecycle. Find ways to give things away!! Take agenda items off, do less, recruit more people
Worthless	Value everyone's contribution.	Publicise stories, art, photos, outcomes Celebrate achievements in meetings, have at least 5 positive appreciations for every criticism
Powerless	Empowered	Exchanges, shared projects or work Have spaces to reflect on what you have achieved and made an impact – e.g. annual reflection and celebration, taking time in each meeting to notice what has happened since the last one.
Unsafe	Safe place to be creative, have fun	Support groups – ongoing and building trust. Art, music events, storytelling Create group agreements including confidentiality when sharing personal information. Create a welcoming culture for new people. Explore different viewpoints in an inclusive way
Separate	Be with others Connect with nature	Discussions after films, local food events, bike rides, seasonal celebrations, Group check in at the start of every meeting, social events together, group activities that go a bit deeper e.g. share something you want to pass on to future generations.
Burnout and overwhelm	Create balance and resilience	Support groups or peer to peer support, mindfulness and meditation groups, Active Hope groups. Burnout checks in meetings (how sustainable are we?), thinking about succession and recruitment in the group.