



Activities

TWO WAYS OF LOOKING AT THE WORLD

On the next two pages you can see two versions of the world. One version shows it as dangerous place, where only a thin crust of control keeps dark forces from erupting and overwhelming us. The other version shows it as a place where we can choose to move into greater risk or danger and move out again back to greater safety in an appropriate way.

The first version leads to panic very quickly, if the control is threatened. It is not just some small disaster which is predicted, but the total loss of everything. So control is no problem so long as we are well away from the dividing line - we can even be 'permissive' and pretend that we are not exercising control at all. But as soon as the limit is touched, all the controls snap on with a click, and all at once a hard naked coercive power becomes visible.

And when people are seen to be chipping away at the crust of control, people like artists, playwrights, revolutionaries or encounter group leaders, real fear arises. They may be precipitating the ultimate catastrophe.

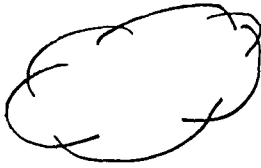
The second version says that all this is our land. We can move from safety to danger, breaking structures as we go, or we can move from danger to safety, erecting structure as we go. And if we have taken the trouble to learn to swim, we can even jump over the edge and enjoy the water; or build boats, or reclaim land from the sea, like Laing has done.

And when we talk about control in the second version, it means something different - it means that we can move as we need to, in a way which does justice to the real situation. Like the pupil of the eye, which opens when the light is dim, and closes when the intensity of the light could be dangerous.

I find that most of the ordinary people I speak to hold the first model in some form. I accounts for much of their suspicion of, and even opposition to, humanistic psychology as they understand it. They always probe to see whether I am saying that the dark forces aren't dark at all, or that they aren't wanting to emerge and take over, or what. And as long as I accept their model, I can't answer these questions. I find it better to suggest that maybe that isn't the only model of what is going on.

These models or pictures go on at the back of our minds, often without our realising they are there. It seems like a good idea to take them out at times and have a good look at them. What models or pictures do *you* have?

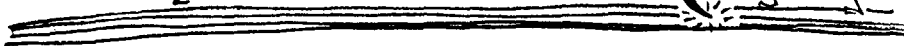
FIRST VERSION



WHAT'S RIGHT
DISCIPLINE
SANITY
CONTROL

NICE PEOPLE
LAW AND ORDER
SOAP AND WATER
KNOWING WHERE YOU STAND
STABILITY

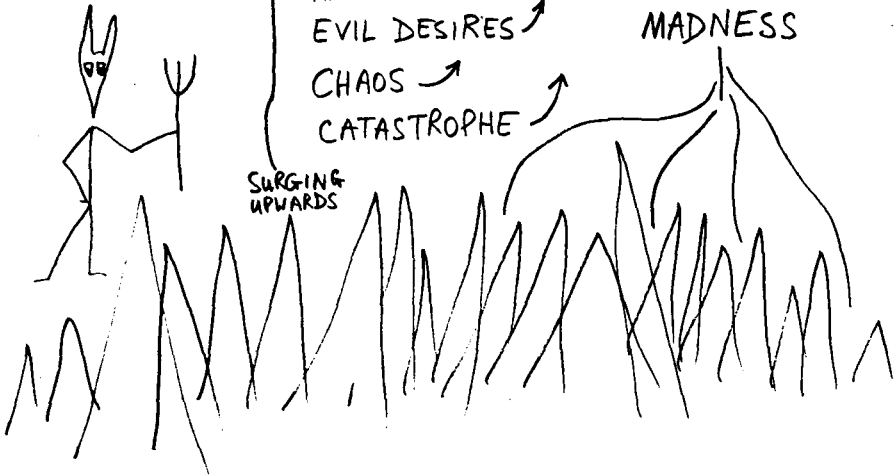
WHAT'S HE UP TO?



DARK FORCES ↗
ANIMAL URGES ↗
EVIL DESIRES ↗
CHAOS ↗
CATASTROPHE ↗

MADNESS

SURGING UPWARDS



SECOND VERSION

