Tuning In:

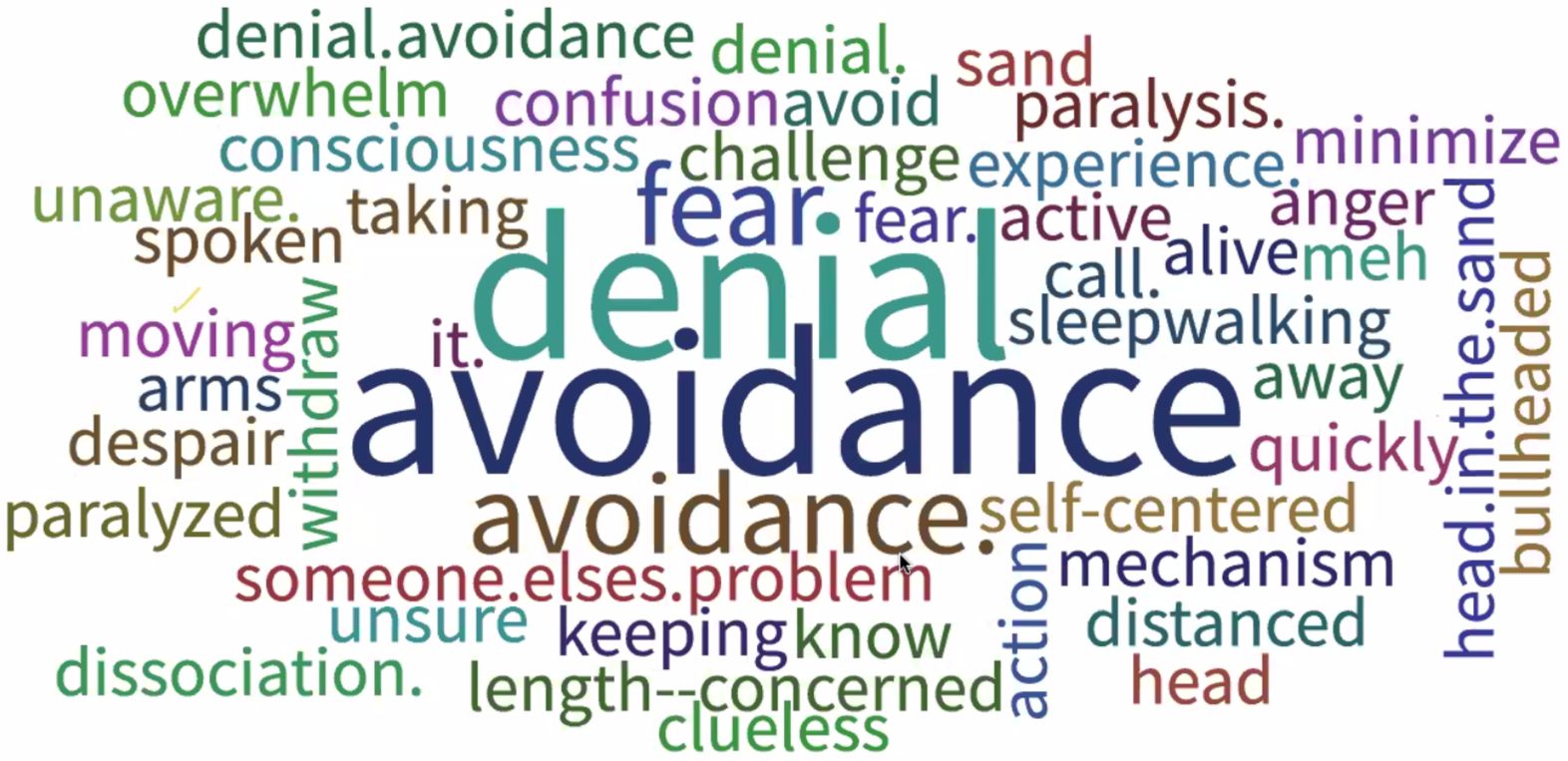
Lessons from psychology for climate action

SEPTEMBER 12 2020

PROJECT InsideOut

Citizens' Climate Lobby

RENEE LERTZMAN PhD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collaborate
get.out.the.vote
carbon
talk.about.it
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young
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act
actively
advocate
en-roads
listen.talk
demystify
stay.engaged
speak.out

EXPLORE InStyle

HOME > BEAUTY > HEALTH & FITNESS

Panicked About the End of the World? You Might Have "Eco-Anxiety"

Anything
extremel

By Marisa

NEWS

19th March

How to balance the anxiety with apathy towards climate and coronavirus?

By Catriona Stewart

teenVOGUE STYLE POLITICS CULTURE IDENTITY SUMMIT SIGN IN NEWSLETTER

GETTY IMAGES

Identity

Climate Change Anxiety Has Always Existed For Me

GLAMOUR Makeup Hair Skin Fashion Entertainment Beauty Club More Follow

MINDFULNESS

Mindfulness can cure climate change anxiety and here's how

THE NEW REPUBLIC MAGAZINE SUBSCRIBE SIGN IN

Victor J. Blue/Getty Images

What Climate Grief Taught Me About the Coronavirus

How to find humanity amid an ever-present dread

By **MARY ANNAÏSE HEGLAR** | March 25, 2020

Add to Pocket

I've been crying a lot. So much I worry that my neighbors can hear me through the plaster walls of my apartment building in the South Bronx.

The hardest part of every day is when my eyes first open and I am reacquainted with my new surreality: I am
necessary. If I
, stay six feet
ds off my own
. What makes

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How Climate Anxiety Is Shaping Family Planning

The notion of forgoing children as a means of fighting global warming is entering the mainstream.

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How Climate Anxiety Is Shaping Family Planning

The notion of forgoing children as a means of fighting global warming is entering the mainstream.

COMMUNITY // March 18, 2020

4 Ways to Overcome Your Fear of Eco-anxiety

Some important tips you should know for overcoming your fear of eco-anxiety.

By Rob Thomas, Writer & Marketing analyst

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CORONAVIRUS Get the latest news and updates on the COVID-19 pandemic *Read More →*

NATIONAL POST

DRIVING SUBSCRIBE FINANCIAL P

VIDEO

Video: Scientists share their grief, anger, and hope over climate change

One scientist says it's important to let people process emotions sparked by frightening information.

Is the climate crisis making you anxious? You could be suffering from solastalgia

One Change: Seeing images of seabirds choking on plastic and burning forests, it's easy to despair

Mon, Mar 2, 2020, 07:00

Manchán Magan

Burned bush land on the outskirts of Bredbo, New South Wales, Australia. A certain sense of 'environmental

NATIONAL MENTAL HEALTH

'Everyone's on edge': dealing with anxiety after a summer of fires, floods and virus fear

Grace Heejung Kim

One in five UK children report nightmares about climate change

Reuters Thomson Reuters Foundation

March 2, 2020

March 3 (Thomson Reuters Foundation) – One in five children are having nightmares about climate change, according to a British survey on Tuesday, as students globally stage protests over a lack of action to curb global warming

RENEE LERTZMAN PhD

PROJECT InsideOut

Caroline Hickman

Leslie Davenport

Wendy Greenspun

Lise van Sustren

Britt Wray

RENEE LERTZMAN PhD

PROJECT InsideOut

Project InsideOut

WELCOME

Bad News

Solutions

Despair

|

Hope

RENEE LERTZMAN PhD

We often feel we have to cajole, convince, persuade, incentivize, game, trick, champion and cheerlead to engage people on the issues that matter most to us.

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QUADRANT

MESSAGING

EXPERIENCE

BEHAVIOR

SYSTEMS

“People don’t resist change.
They resist being changed.”

Peter Senge

WHAT KIND OF CHANGEMAKER ARE YOU?

Righter.

Do you rely on making the moral and ethical case for why this is the “right” thing to do? Do you insist that it is on you to fix?

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Educator.

Do you focus on providing people with the right and best information. Do you see your role as an educator?

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Cheerleader

Do you feel the need to keep everything positive, inspiring and uplifting, and focus only on the solutions? Do you feel the need to avoid “doom and gloom” and focus on what we can do?

Guide.

Do you see your role primarily as a partner in the journey into new ways of living and being? Do you spend your time asking questions and listening? Do you offer expertise and information in the context of relationship and dialogue with your stakeholders?

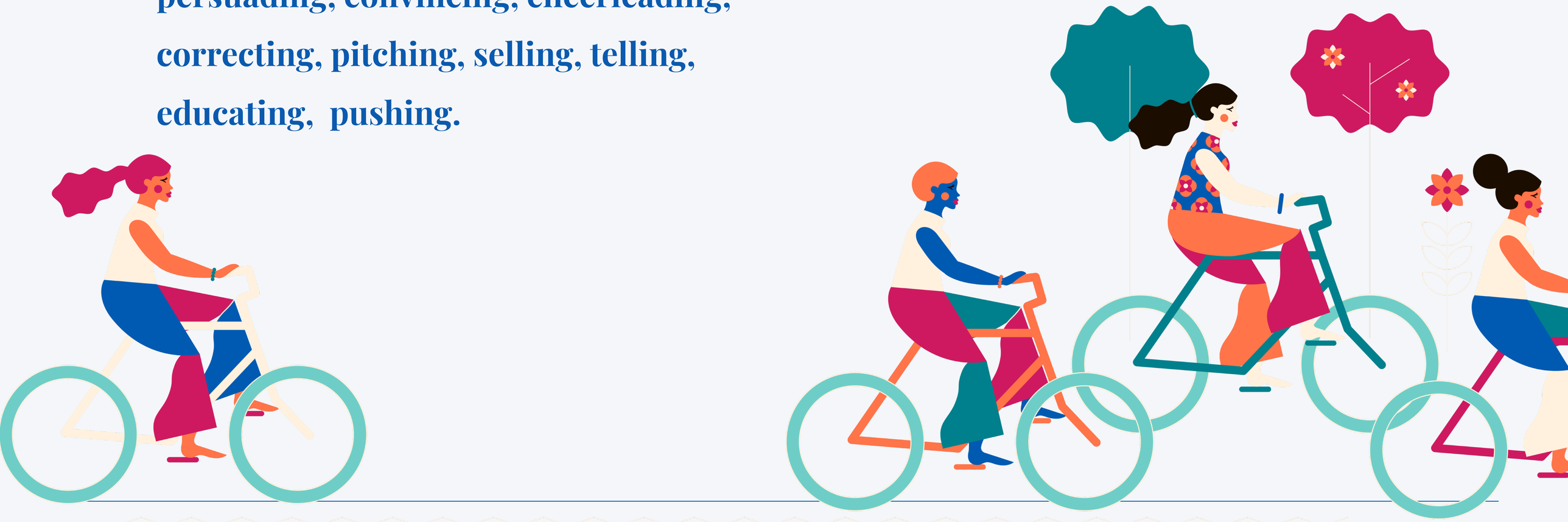
Guiding is....

No fixing, solving,

persuading, convincing, cheerleading,

correcting, pitching, selling, telling,

educating, pushing.



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We need to become guides.

Our ability to do this begins with ourselves—
with change from the inside out.

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Guiding is about relationship.

Guiding is about welcoming it all. Engaging with the complicated, messy feelings.

Offering our expertise.

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Guiding Principles.

Attune

Understand your people.

Reveal

This is hard stuff. That’s OK.

Convene

Less talking at. More talking with.

Equip

Be a gardener. Grow your people.

Sustain

Go beyond the pledge.

PROJECT InsideOut

Attune.

Understand & tune into your people.

PROJECT
InsideOut

Reveal.

Be compassionate truth-tellers.

Convene.

Less talking at, more talking with.

Leverage the power of think, pair, share.

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Equip.

Be a gardener, grow your people.

LIKE CCL!!

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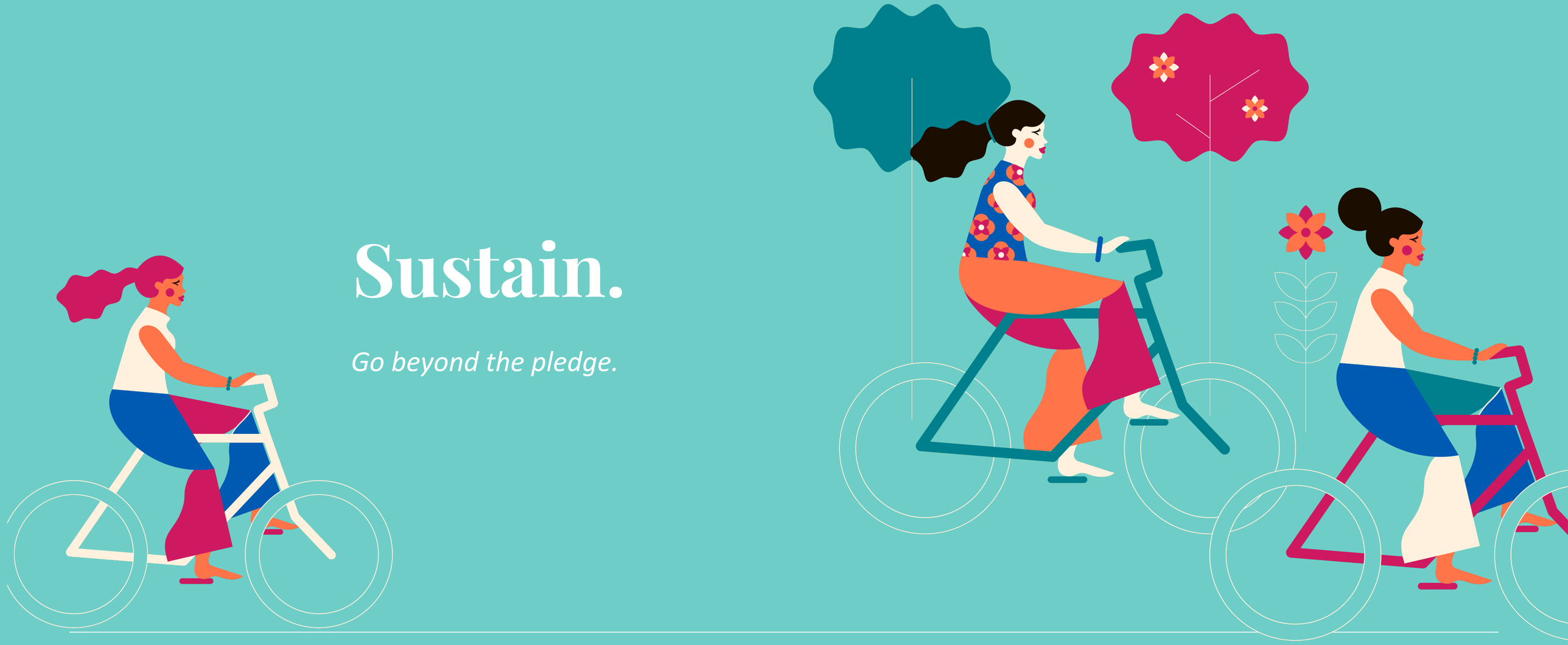
Sustain.

Go beyond the pledge.



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Persuasion Activity

Identify roles in pairs.
One of you is a climate campaigner.
The other is someone who isn’t engaged, and may even feel climate change isn’t an urgent issue.

In pairs, take about 7 minutes to share.

THREE A’S

ANXIETY

AMBIVALENCE

ASPIRATION

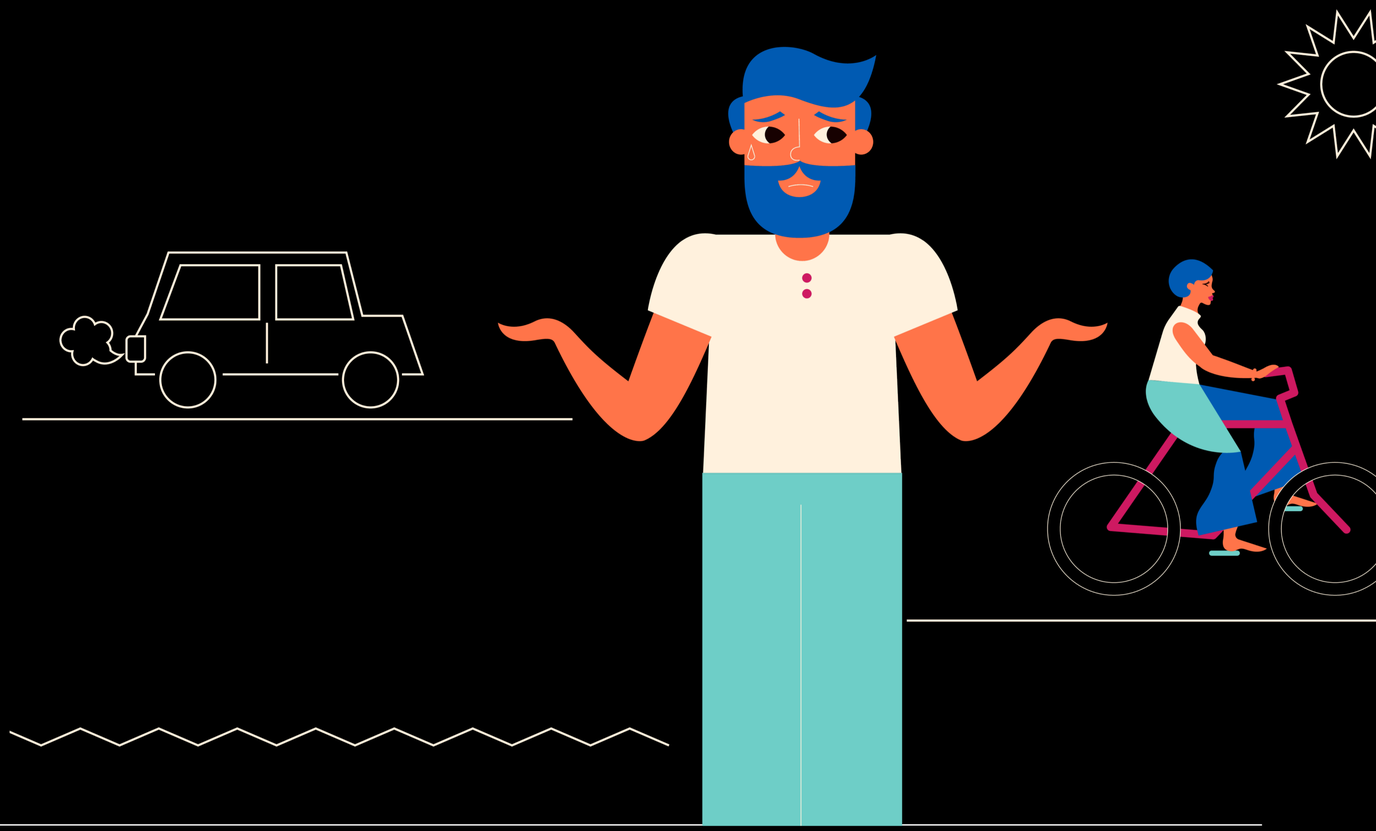
Anxiety

It’s painful to face what is happening in the world today. Whether it’s disappearing glaciers, the peril of thousands of species, a divided body politic, wealth inequality, or world hunger, grappling with the big problems that exist on our planet and in our society can be highly anxiety producing.

Ambivalence

Ambivalence is perhaps the biggest “buried lede” in all of our work in sustainability.

In all of our focus on values, beliefs, opinions, motivations and desires, we overlook the reality of ambivalence. Ambivalence is perhaps the most important feature of how we humans relate with change. It doesn’t matter if it’s positive or negative, wanted or unwanted change—ambivalence may still be there.



Aspiration

Aspiration is what motivates, drives and inspires us. Our deepest aspirations are pretty consistent: connection, belonging, autonomy, purpose, agency, mattering. Being part of the solutions, not the problems. Contributing. Making a difference. Having an impact.

ACTIVITY

The Three A’s

In your group, reflect on what are the anxieties, ambivalence and aspirations that may be evoked by climate change and climate action?

In pairs, take about 7 minutes each to share.

GUIDING.

GUIDING

MINDSET

GUIDING

SKILLSET

- **EMPATHIC LISTENING**
- **ROLLING WITH RESISTANCE**
- **SUPPORTING AUTONOMY**
- **OFFERING INFORMATION/ADVICE/ GUIDANCE**

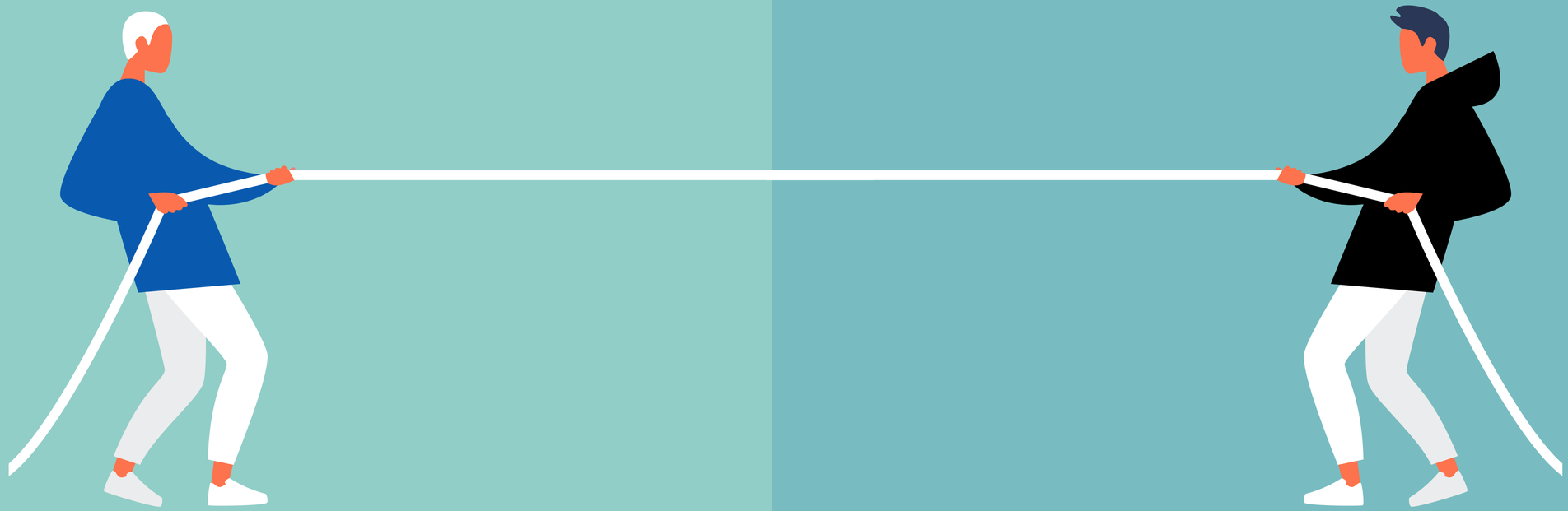
- ESTABLISH A RELATIONSHIP
- COME ALONGSIDE
- A PERSON WITH STRENGTHS
- WHO APPRECIATES CHOICE
- WHO WANTS TO BE TREATED WITH RESPECT AND NON-JUDGMENT
- YOU ARE CALM AND CURIOUS
- YOU HAVE IMPORTANT INFORMATION TO OFFER
- THE SKILL TO DRAW OUT THEIR IDEAS & SOLUTIONS

NO FIXIN'

- NO EDUCATION
- NO PROBLEM SOLVING
- NO SKILL BUILDING
- NO GOAL SETTING OR ACTION PLANNING
- NO CONFRONTING, PRESSURING, CONVINCING, ARGUING, DIRECTING, TAKING CHARGE, COAXING, PROBING, PERSUADING, MORALIZING, LECTURING, ANALYZING, WARNING, INTERPRETING, MOVING TOO QUICKLY, OR CHEERLEADING
- NO ADVISING, SHARING YOUR OPINION, OR TALKING TOO MUCH

THE VOICE OF THE STAKEHOLDER IS KEY.

Ambivalence



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I want / need ____ but I also want / need ____

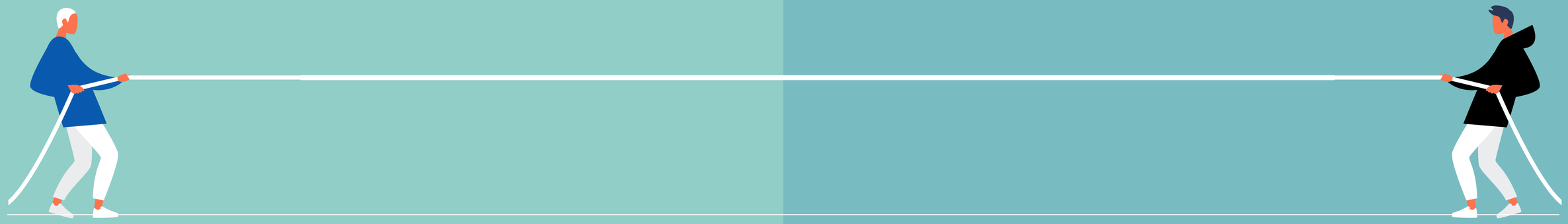
… to live in more alignment

with my values

… to do the right thing

… to please my family

… to feel good and rewarded



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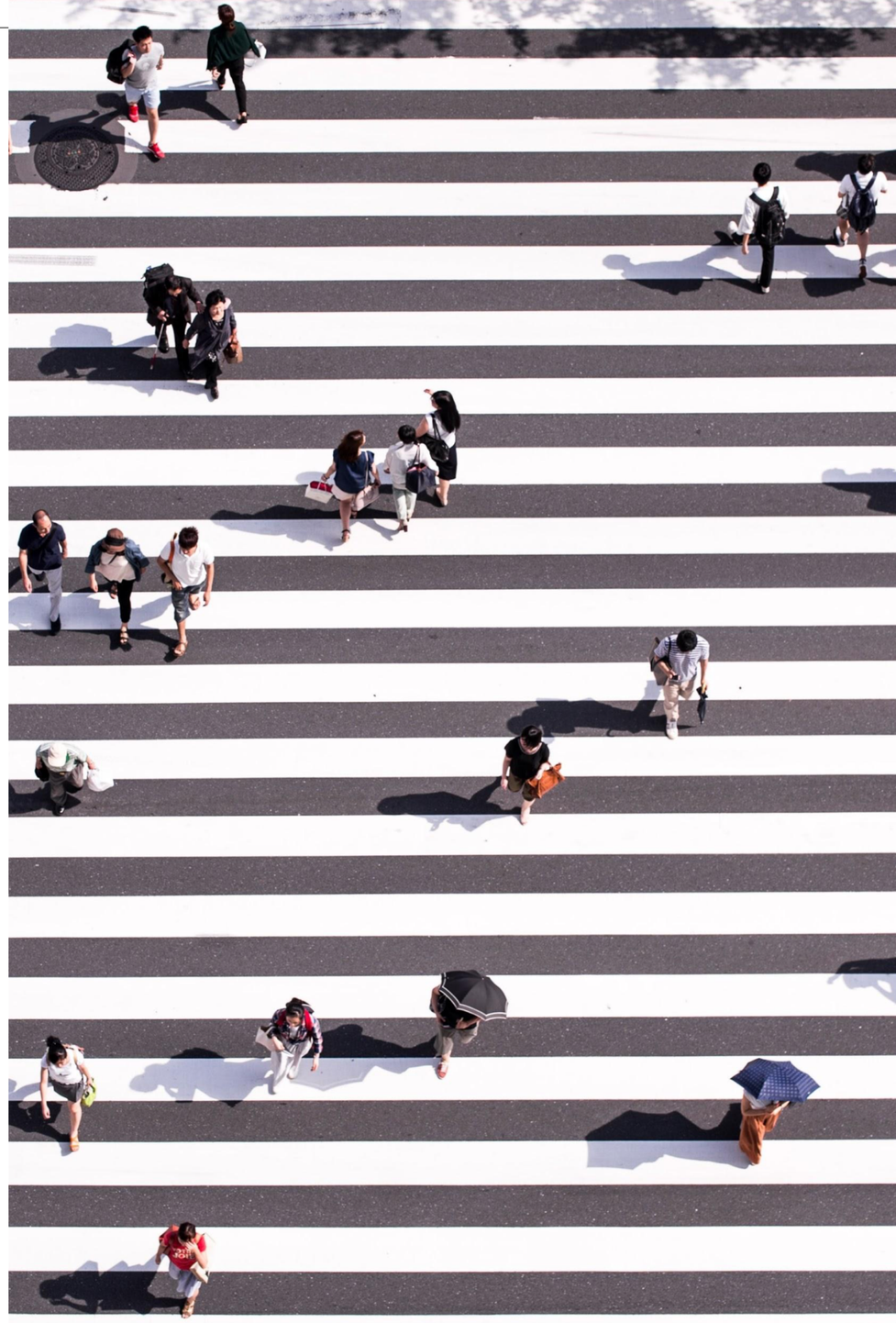
AMBIVALENCE IS A NORMAL STEP ON THE ROAD TO CHANGE.

PEOPLE ARE MORE LIKELY TO ADOPT CHANGE IF THEY FEEL THEY'VE AUTHORED THE IDEA.



IT'S NOT A MATTER OF HOW WELL YOU UNDERSTAND, IT'S HOW WELL YOU SHOW IT.

“IT’S NOT ENOUGH TO KNOW IT.
YOU HAVE TO SHOW IT.”

- RENEE LERTZMAN

REFLECTIVE LISTENING
IS THE LIFE BLOOD OF A
GUIDING APPROACH

BTW: THIS APPLIES TO EVERY ASPECT OF YOUR WORK (AND ALL RELATIONSHIPS).

Guiding Activity

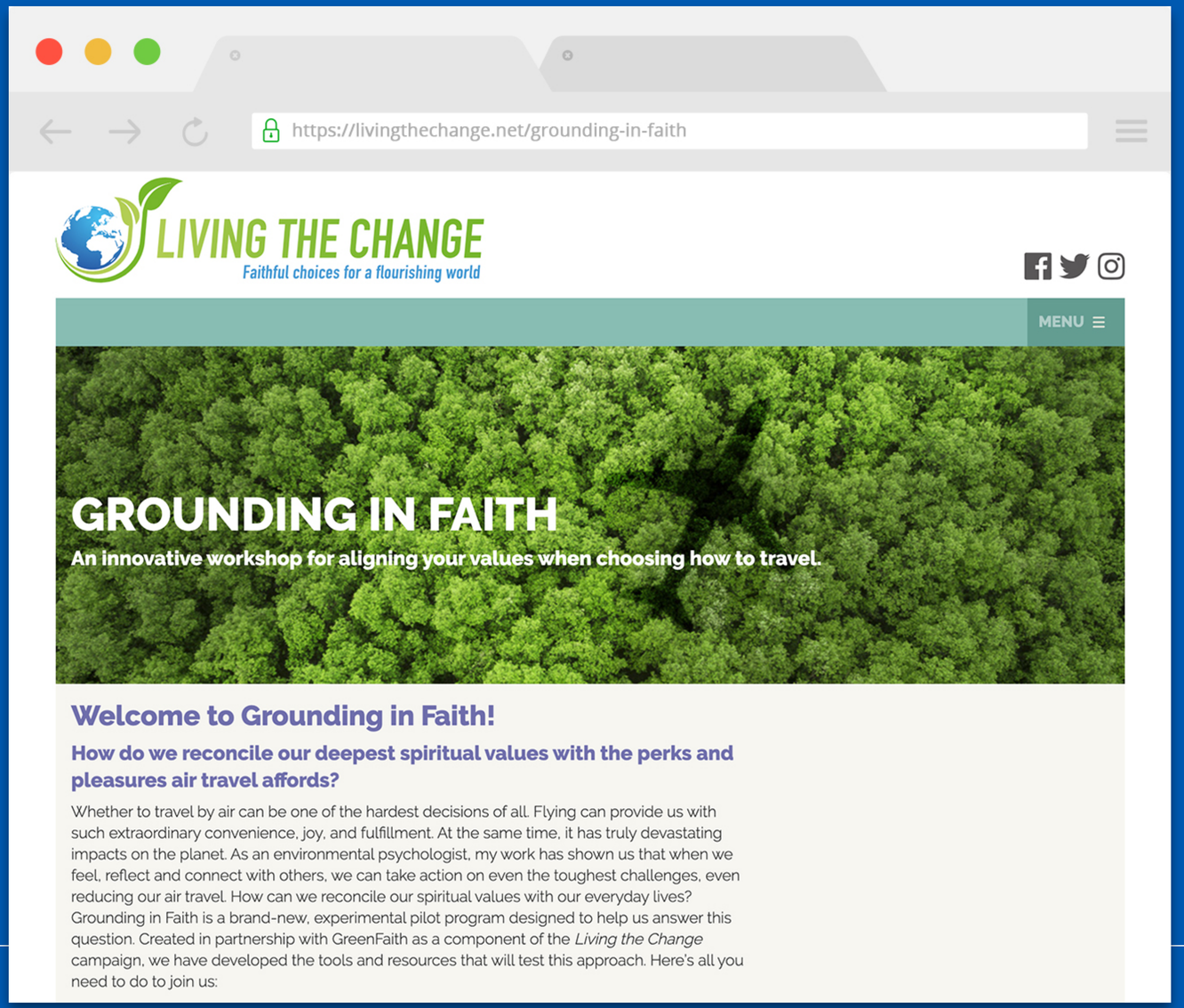
Identify roles in pairs.
One of you is a climate campaigner.
The other is someone who isn’t engaged, and may even feel climate change isn’t an urgent issue.

Ask permission.
Ask what do they know about the issue.
Ask for permission to offer information.
Ask what they think.
Ask what they may be open to doing next.

GROUNDING IN FAITH

Our Challenge:

DESIGN A PROGRAM TO TACKLE AIR TRAVEL PRACTICES



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LIVING THE CHANGE
Faithful choices for a flourishing world

MENU ☰

GROUNDING IN FAITH

An innovative workshop for aligning your values when choosing how to travel.

Welcome to Grounding in Faith!

How do we reconcile our deepest spiritual values with the perks and pleasures air travel affords?

Whether to travel by air can be one of the hardest decisions of all. Flying can provide us with such extraordinary convenience, joy, and fulfillment. At the same time, it has truly devastating impacts on the planet. As an environmental psychologist, my work has shown us that when we feel, reflect and connect with others, we can take action on even the toughest challenges, even reducing our air travel. How can we reconcile our spiritual values with our everyday lives? Grounding in Faith is a brand-new, experimental pilot program designed to help us answer this question. Created in partnership with GreenFaith as a component of the *Living the Change* campaign, we have developed the tools and resources that will test this approach. Here's all you need to do to join us:

Sign up for a live, virtual workshop - join myself and others on the path for a 2-hour session guiding us through a joyful and enriching experience. No shame, blame or guilt. (See testimonials from our partners below.)**

Receive tools, guidance and resources - how to talk with people in our lives about air travel and related climate change impacts, how to make different decisions, and how to grow our own spiritual leadership.**

Participate in Grounding Sessions - uniquely designed resources and sessions that deepen our commitments and enable us to be successful on our journey, no matter what level of commitment you make.**

“There was a ‘letting go’ period akin to the end of a relationship, but things got exciting when I realized that one can still travel… far, while creating a fraction of the emissions that air travel is responsible for.”

- Lewis McNeil, *gave up flying in 2006*

"We've had some really incredible wildlife experiences traveling on the ground. There would be a feeling of guilt otherwise – that you're seeing something, but also contributing to its demise at the same time."

- Linda Thomas, fashion designer. *gave up flying in 2007*

"I decided that feeling guilty was just a stage. I was significantly helped by the translation of sila (Buddhist ethics) that begins, "I undertake the training to non-harming." Non-harming is a practice and I'm committed to getting really good at it."

– Kristin Barker, Co-Founder and Director, One Earth Sangha

"Once seen as a necessity and almost a personal right, flying is now a privilege, to be used sparingly, consciously, carefully. I'm still conflicted, trying to come to terms with my desire and existing commitments to be present as part of the global/national conversations taking place on climate change and care for the earth. However, I know deep in my heart, I can’t keep going as usual and pretend what I do doesn't matter…”

- Philippa Rowland, President, Multifaith Association of Southern Australia

“I'm really looking forward to not having to travel so that I can get back down to my spiritual practice - which at its essence is to be grounded in your locality, and not to be worried too much about what's happening tomorrow or what's happening in far-off lands, just really be present where you are.”

- Gopal Patel, Director, The Bhumi Project

Stories from the Ground

What do these stories evoke, inspire, or stir in you?

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