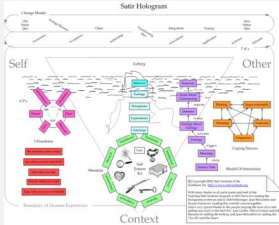


# Taking it into Real Life

## Controlled Folly

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Read our other teaser handouts on techniques, methods and tools for preparing yourself for receiving critical feedback:

Learn to deal congruently with your own stress by fooling around with the [coping stances](#) (pdf)

Cook a palatable meal with Satir's ingredients of an Interaction (this document)

Set all tongues wagging in a [Temperature Reading](#) (pdf)

Respect the individual as well as the system when leading change with the [Satir Change model](#) (webpage)

Then bring it all together in [Organisational sculpting](#) (pdf)

What you are taking away from "Controlled Folly" is merely some transforming ideas and a little practice in a safe environment. Controlled folly is a first trip in recreation of your self to as a more effective leader. You will not have less stress, but are more capable of congruently dealing with stress. Now the real work begins, as re-entry is also a stressful time.

## The real work

We know. We have been there. We've got the T-shirt too, and between us, probably made all the mistakes there are to make in the book.

And actually, it tends to turn in a whole wardrobe of T-shirts because using what actually works is somewhat addictive. And the Satir concepts are indeed clothes that you can change into, that support you changing or recreating you. We don't become the master of our choices overnight, it takes time and lots of practice to gain physical mastery in real life.

Virginia Satir showed us how people are shaped in their families, and we have seen how that shaping or image making process continues in (organizational) life.

Families and organizations are people too in a way, operating within a cultural context. All change originates in individual people within families and organizations. We can recreate our selves, and we can recreate our world and organisations.

Gradually, easy, gentle, and with a good laugh works the best!

Below are some of the hilarious mistakes, transformed, that people that have gone before you have made. Some are ours, some are that of our colleagues, but we hope they are helpful for you, for taking what you have trained and gained in this workshop into real life, without at least making these particular mistakes.

## Helpful Guides

Coming home, instead of telling them all about your workshop experience, appreciate people, be interested in their world. You are (temporarily) as foreign an element as they are to you.

Your congruence, balance, centeredness, it all may feel strange to them. And the ideal learning context for them, is when they are curious and want to learn from you. So share in small pieces, and mostly by practicing for yourself.

Recognise chaos as is a part of change, and change as

inevitable, for yourself, your friends, colleagues, family, neighbours, business connections ... be cautious making any decisions while in chaos. And that includes the last stages of chaos and first stages of practice and integration for taking it into real life.

Be gentle with yourself. If you "fail", acknowledge that, and say "I can choose to act differently next time". The keyword here is "I can choose to ...", because that helps you avoid misplaced guilt, blame and shame if and when "failing" again. Allow for some stumbling. That's how we learned to walk too.

Be prepared for experiencing lots of feelings as you travel home.

Inside of us live parts that may finally grief for the loss of some relationships, and other parts may enjoy reconnecting with earlier parts, and lots more. It's pretty much like a chicken coop of feelings cackling away. Honor them all, for that sets the context for finding new, more congruent coping stances.

Consider keeping a journal, daily meditation, breathing consciously, and living in the moment.

Enjoy! For you are unique, just like everybody else.



*"I want to love you  
without clutching,  
Appreciate you without  
judging*

*Join you without invading,*

*Invite you without  
demanding,*

*Leave you without guilt,*

*Criticize you without  
blaming,*

*And help you without  
insulting.*

*If I can have the same  
from you,*

*Then we can truly meet  
each other."*

## Continued cross training and gaining

Some people like cross training and gaining as a (part of) their way to move forward..

Some workshop groups have set up their own mailing-lists to keep in touch. Feel free to do so.

And there are several mailinglists, communities, networks, conferences, unconferences and camps already alive and kicking that perhaps tickle your fancy.

And if the one that you would like isn't there (yet) then feel free to "make it so".

Many of the existing communities, networks and meetings hold lessons learned on what works and what doesn't when setting up a more fully humane community, and it's people will be glad to share that, so that you can shop in their ways to find what might work for you in your context.

If you feel uncomfortable

contacting a particular network or person "out of the blue", then just contact us and we'll introduce you directly to the person you wish to contact, or to a person that we know that directly knows the person. Our networks are very intertwined so "distances" between two individuals are usually not longer than 2.

So if you choose to, you can become part of a growing international network of highly effective leaders.

## Inter Networking

### Social networks

The number one resource on the web for connection-making with like-minded system thinkers is the [Satir Network on Ning](#).

### Maps



We maintain and grow a map of [Satir practitioners](#) so you can look-up if there are any of us living near you. If

you want to be listed on the map, just give a yell, we'll put you on it, and someone else might find you.

Another map, also in development, is a map where you can find the [Satir Institutes](#) that offer more training in more Satir concepts. The website itself lists trainings coming up here.

Both are a work in progress.

### Mailinglists

Current mailing lists you can

take part in are the satirworks list moderated by Stephen Buckbee, and the [Satir Europe](#) list moderated by Phil Stubington.

The [Satir Satori](#) list has its focus on creating consciousness raising events at the Virginia Satir Conceptual Art Center.

### On-line Journal

For psychologists and theorists to learn more about (new) insights behind the (changing) Transformational System concepts, I can highly recommend the [Satir Journal](#).

## Camps, conferences and unconferences

[The Virginia Satir Global Network](#) organises a yearly conference that moves around the world. Therapists and organisational development consultants meet here.

[Consultants Camps](#) are held yearly in the US, Europe and China. These meetings hold many people skilled in

creative use of Satir concepts in both home and organisational contexts. You can even try out Satir based sessions your colleagues first, receiving some extremely critical feedback for improving it for your clients and customers.

At the [Agile Open meetings](#) in the IT industry you will likely

find a Satir facilitator or two too.

And many, many events more. Most of our colleagues are involved in organising events that allow people to continue to cross train and gain to move forward to a more fully humane system.

Just ask!