SPARK 057

(Matrix Code: **SPARK057.00** for StartOver.xyz game.)

DISTINCTION: A problem signals the start of the next gameworld.

NOTES: A gameworld is the field of commitment generated by three or more people applying distinctions, thoughtware, and internally-consistent rules-of-engagement that emerge from an agreed-upon context. Typical gameworlds include your family, your company, your projects, your neighborhood, clubs, your working with a therapist, friendships, being in a store, a church, or a bank, and so on. Most of your daily activities take place within gameworlds. You do not normally think this way. If you start distinguishing your gameworlds one from the other moment to moment then you can move in and out of gameworlds with more clarity and take actions in gameworlds with more effectiveness.

The gameworlds you live in tend to serve your Box's requirements. Whenever something happens in a gameworld that is out of your Box's control your Box's alarm system reacts. Your Box tells you to call the situation "a problem." Without you identifying the situation as a problem there would be no problem, only a set of neutral circumstances. By naming the circumstances "a problem" certain processes immediately begin. Your glands pump special chemicals into your bloodstream. Your Box jumps into high speed deciding whether to use Channel One or Channel Two.

Your Box reacts to problems with but one of two standard options:
Channel One: Fight (get angry, argue, think up strategies, make action lists, blame, complain, resent, attack, belittle, get sarcastic, analyze, get jealous, delegate, or in some way try to solve the problem).
Channel Two: Flight (shut down, be nice, smile, withdraw, avoid, deny, withhold, get sad, get scared, pretend like it does not matter, get little, play victim, get confused, ignore it, give up, leave, or in some way try to avoid solving the problem).

Whichever Channel you choose, you think that your reaction is the only possible reaction to the problem because this reaction has always worked for you in the past. What you discover as a Possibility Manager is that regardless of whether you respond with Channel One or Channel Two, you are paying an enormous price. The price is that you are limiting your options to those falling within the category of problem-solving.

Problem-solving with either Channel One or Channel Two uses behavior that you already know. An alternative to problem-solving is "creating." Creating generates new behavior.

The way to shift from problem-solving to creating is through acceptance. Typically when things are not working you do not accept what is happening and you try to make things work the old way again. If instead you accept that things are not working, you can then let the old gameworld fall apart. In Possibility Management this is called "game over."

When a game is over the problem itself disappears, because the problem existed only in relation to the purpose and rules of the original gameworld. The circumstances that you once recognized as a solid, nameable problem suddenly dissolve into a liquid state that can no longer be contained in your mental prison of thinking of them as a problem. (Prison bars can retain solids, but not liquids!) Conditions liquefy from known into unknown. This is when things get interesting for a Possibility Manager. Gameworlds can change in an instant (they already do, but unconsciously). What typically appear as a calamity is to a Possibility Manager an opportunity, the start of the next gameworld!

EXPERIMENTS:
SPARK057.01 You personally, and also the organizations in which you live and work have problems. If we interviewed you right now, you could easily identify five or ten problems you are trying to handle using Channel One or Channel Two. Your Box and the Boxes of the other people involved are formed up in relationship to these problems. The problems sustain your Boxes' identities as you play out the various positions in the gameworld. You as a Possibility Manager see that a problem is itself fictional while at the same time you know that the precise formulation of the problem holds the key for liberating the value of the problem. Maintaining simultaneously the two perspectives (that a problem is total fiction and that a problem holds a key) produces a gap between the two perspectives. This gap allows for freedom of movement to try new actions and for creation.

The experiment is this: choose one problem. With this problem, start over. Start by setting a new perspective. Say to yourself, "Oh boy! A problem! It is time to start the next gameworld!"

To start the next gameworld, begin by letting the problem take the present gameworld into the liquid state.

The way to take a gameworld into the liquid state is for you to make contact with the spaceholder of the gameworld and then for you yourself to go into the liquid state.

To go into the liquid state yourself you simply accept and agree with the circumstances. Cease to deny what is *really* going on. Stop trying to fix it. Stop making efforts to patch it back up. Stop trying to keep things together. Instead, let things fall apart into nondefinition. Make no excuses. (If you need to explain to others in your gameworld what is about to happen you can draw a map that shows wanting to change a solid of one shape into a solid of a different shape. Solids cannot change shape except by at least momentarily becoming fluid.)

When it appears as if chaos reigns and people in the gameworld feel totally lost, scared, angry, or confused (which are all appropriate), then bring people's attention to notice that you all suddenly have options that you did not have before. Things can reorder. New perspectives have appeared. You can step into and make use of possibilities that were not visible before. You have entered new territory.

What is the map for the way out of the liquid state? No map is needed. The instructions in the liquid state are to pay attention and wait. Do not be impatient.

Instead, as best you can, be with things as they are in the chaos. If you follow these instructions for a while there will come a moment when it becomes obvious that it is time to take action steps towards initiating the next gameworld. The new order of things will tend to take care of itself.

This experiment can become an ongoing technique. The second time through you learn about what happened the first time! After awhile you start gaining a familiarity with the process of reinventing gameworlds, and you acquire an appreciation for the immensity of possibilities presented by problems. Have fun!