

WELCOME!

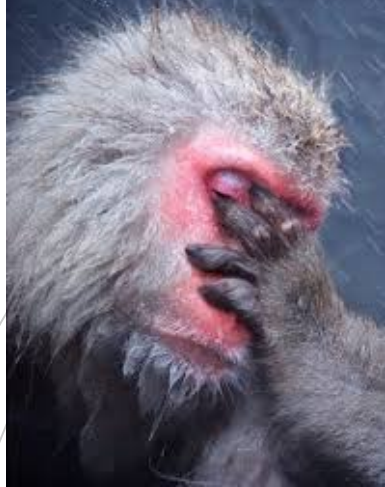
Hopefulness in the face of climate breakdown,
biodiversity extinction, and pending economic
and social collapse...

...possibility or pipe dream?

John Sharry Fred Ehresmann

BRIEF INTRODUCTIONS

- **TURN TO THE PERSON NEXT TO YOU, OR IF MORE CONVENIENT, BEHIND YOU**
- **INVITE EACH OTHER TO ANSWER THIS QUESTION “IF THIS WORKSHOP TURNED OUT TO BE A GOOD USE OF YOUR TIME, HOW WOULD YOU KNOW AS YOU WERE LEAVING?”**



The Problem



Climate
Breakdown

Flooding,
Extreme
Heatwaves

Biodiversity
Collapse

Mass extinctions

Resource
Depletion

Economic Crises

A red speech bubble graphic with a white outline, containing the text 'Our emotional reactions'.

Our emotional
reactions

- **Denial**

Active denial, distancing, wishful thinking, ignoring

- **Fear and anxiety**

- **Despair and depression**

- **Acceptance and Hope**



Problem talk – a couple of questions to chew over...



- **What does the Solution Focused Approach have to say about problem talk?**
- **What is it about problem talk in relation to climate crisis that might make it particularly challenging to navigate?**

“It’s dark mate. What we
need is a Dumbledore,
a Gandalf, an Obi
Wan...”
Louey, aged 14



What does the SF Jedi have?



QUESTION



QUESTION



QUESTION



QUESTION

What sort of questions might be useful in facilitating a hopeful conversation about climate crisis?



A red speech bubble graphic with a white outline, containing the text 'Best Hopes for the Future'. The bubble has a tail pointing downwards and to the right.

Best Hopes for the Future

- **Given the coming crisis, what are your best hope?**

Here's a little something
that I came across that
ended up being useful

Bendel, J (2018) 'Deep Adaptation: A Map
For Navigating Climate Tragedy'. IFLAS
Occasional Paper available at [https://
www.lifeworth.com/deepadaptation.pdf](https://www.lifeworth.com/deepadaptation.pdf)

The main points so far as we understand
them:

- It's all going to ****
- Functional denial (our words)
- Radical hope (his words) that “involves
neither denial nor blind optimism”

“What makes this hope radical, is that it is
directed toward a future goodness that
transcends the current ability to understand what
it is” (Note to self – so, what happens with that
Preferred Future then?)

Deep
Adaptation-
The Three R's

- **Resilience**
- **Relinquishment**
- **Restoration**

Building
Resilience/
Taking Action

- **Personal:** prioritizing health, getting fit, learning useful skills, gaining support
- **Community:** join transition towns, campaign/ political group, ecological business, community energy group
- **National:** become political to set national goals renewable energy, food security, eco-agriculture
- **Global :** international agreement for zero emissions, biodiversity protection etc

The background features several sets of concentric, curved lines in light gray, some solid and some dashed, creating a sense of motion or a circular path. A prominent red speech bubble is positioned on the left side of the slide.

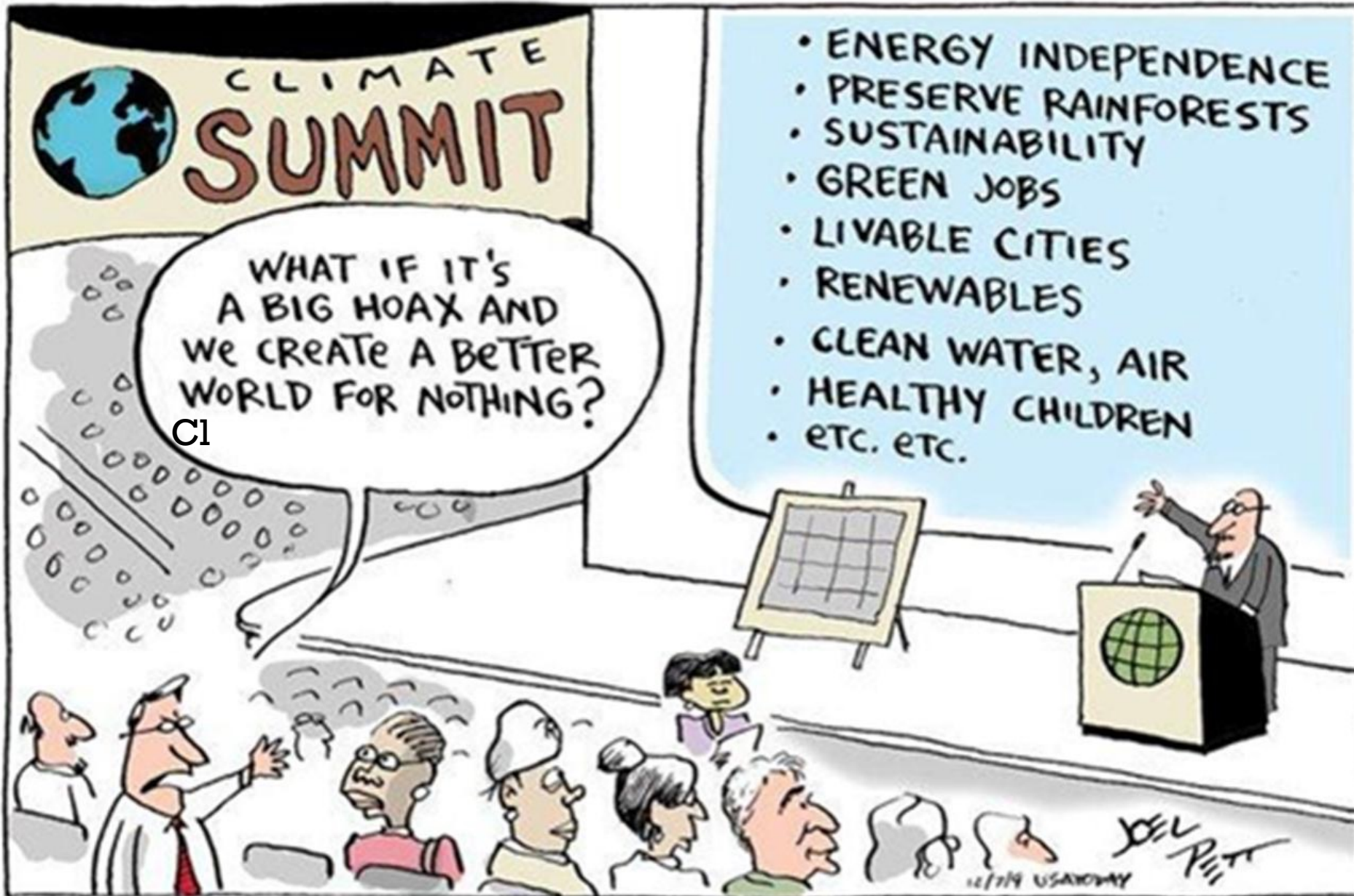
Building
Resilience

- **What personal and community actions can you take to become more resilient?**

“In abandoning hope that one way of life will continue, we open up a space for alternative hopes. Lynch (2017).

Lynch, T. (2017), “Why Hope Is Dangerous When It Comes to Climate Change: Global warming discussions need apocalyptic thinking,” Slate, 25 July. Available at: www.slate.com/Articles/technology/future_tense/2017/07/why_climate_change_discussions_need_apocalyptic_thinking.html

A Hopeful Future



Thanks for coming and engaging with us on this challenging subject

