

Living with the Climate and Ecological Emergency



Introduction

Giving time to consider our thoughts and feelings about climate change and the destruction of nature can be painful and difficult. It is hoped that this booklet can be helpful and although you can use it on your own it is suggested that you use it alongside other people so you can support each other in sharing your responses and having a dialogue. It is intended as a kind of a bridge to help you share and find out more clearly what you and others feel and think about the global climate and ecological crisis and how we engage with it. The threat to our future is very frightening to many people but this booklet is intended to help identify what supports and strengthens us in being able to live and engage creatively with this threat and take action that is meaningful to us, however seemingly small or large it might be.

Daily life has many challenges for most of us but we are faced now with a threat to the very basis of our lives on earth. There is no guidance based on past experience about how to live with and engage with this kind of situation. This booklet is not about trying to find a way of feeling comfortable or at ease with this crisis but is more about exploring how we can live with and engage in a psychologically *sustainable* way with this immense threat: a threat which is largely beyond our individual control but is still within the control of collective humanity.

Content links

This booklet is evolving and has different sections that could be used at different times and maybe in a different order.

PART 1 – Thoughts and Feelings

[1.1 How serious do I think it is, what do I believe might happen because of CEE?](#)

[1.2 My feelings about the CEE within my everyday life](#)

PART 2 – Engaging with the CEE

[Engaging with the climate and ecological emergency: what can support us and what can get in the way?](#)

[2.1. What might undermine our resilience?](#)

[2.1.1 Vicious circles](#)

[2.1.2 Dilemmas - Getting stuck in 'either / or'](#)

[2.1.3 Conflicts](#)

[2.2 What can support us in engaging with the Climate and Ecology Emergency?](#)

[2.3 Maps](#)

[2.3.1 Map 1 – Resilience / Trauma](#)

[2.3.2 Map 2 – Active / Passive Hope](#)

[2.3.3 Map 3 – Engagement](#)

[2.4 Checklist of things I have done or changed in my life because of the CEE](#)

Appendices

[Additional Maps \(not attached\)](#)

[A1 Relationship with nature](#)

[A2 Relationship with information, knowledge and understanding of the CEE](#)

[A3 Hope, fear and despair](#)

[A4 Relationship with power, powerless-ness and responsibility](#)

[A5 Choosing to engage](#)

[A6 Conflicts we experience](#)

[Full Contents](#)

PART 1

1.1 How serious do I think it is, what do I believe might happen because of CEE?

Please mark what is best match for you for every item.....most of us will tick more than one item:

| Applies to me strongly | Applies to me | Does not apply to me |
|------------------------|---------------|----------------------|
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|---------|---|----|---|---|
| 1.1.1 | I am worried but don't think it is as bad as some people think | | | |
| 1.1.2 | It is worrying but it will be alright in the end | | | |
| (1.1.3) | We don't need to do anything now because we will come up with a new technology to solve the climate crisis | | | |
| 1.2 | I am worried that it will affect people a lot in other parts of the world but not much here in my country | | | |
| (1.3) | It seems that we are seeing the beginning of it right now in more extreme weather loss of habitat and extinction of species. | | | |
| 1.4 | Important steps are being taken to preserve habitats and species - I feel cautious optimism | | | |
| 1.5.1 | Not enough is being done about it | | | |
| 1.5.2 | I am worried that we've left it too late to act - climate change is already out of control and the future is catastrophic | | | |
| 1.5.3 | It's as if hardly anyone realises how serious this | | | |
| (1.5.4) | I feel hopeless about the destruction of nature that is happening right now - we are losing species and habitats that cannot be recovered | | | |
| 1.5.5 | Positive changes are being made, but not fast enough | | | |
| 1.5.6 | I feel I can't plan long term | | | |
| 1.5.7 | It makes me doubt having children or I am very worried what life will be like for children when they grow up | | | |
| 1.6 | I don't believe climate change is happening right now | | | |

| | | | | |
|---------|---|--|--|--|
| (1.7.1) | We already have the technology to move rapidly away from fossil fuels | | | |
| 1.7.2 | I am worried that this is going to be a catastrophe on a global level | | | |
| 1.8 | I am worried that there will be a breakdown in our society – a social collapse because of the CEE | | | |
| 1.9.1a | I fear displacement of millions of people; climate refugees; massive food shortages; economic and political crises | | | |
| 1.9.1b | I fear millions or billions of people dying this century because of the CEE and the planet becoming largely uninhabitable | | | |
| 1.9.1c | I am worried that all of humanity might become extinct | | | |

1.2 My feelings about the CEE within my everyday life

Here's a list of possible feeling responses, please mark which apply to you and also recognizing that we may well have a very wide range of different feelings, some of them might be opposites like hope and despair.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| | | |
|------------------------|---------------|----------------------|
| Applies to me strongly | Applies to me | Does not apply to me |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|----------|---|----|---|---|
| 1.2.1 | Dread | | | |
| 1.2.2a | Anger | | | |
| (1.2.2b) | Rage | | | |
| 1.2.2c | Outrage at what we are handing over to future generations | | | |
| 1.2.3 | Safe, confident it will be sorted | | | |
| 1.2.4a | Shock and overwhelmed by the hugeness of it | | | |
| (1.2.4b) | Disbelief that this is really happening | | | |
| c | Dismay | | | |
| 1.2.4d | Disbelief we can be letting this happen | | | |
| (1.2.4e) | Despair | | | |
| 1.2.5.1 | Burnt out, as if I've been too involved, too exposed to how bad this is. | | | |
| 1.2.5.2 | Deep down I have little or no hope | | | |
| 1.2.5.3 | I swing between hope and no hope | | | |
| 1.2.5.4 | My individual actions might make me feel better but are a drop in the ocean and useless | | | |
| 1.2.6a | Blaming people in power | | | |
| 1.2.6b | Frustration with politicians and business | | | |
| 1.2.6d | Let down, betrayed by people in power | | | |
| 1.2.6e | Deceived, lied to by people in power or the media | | | |
| 1.2.7 | Frustration with myself | | | |

| | | | | |
|----------|--|--|--|--|
| 1.2.8a | Frustration with people around me | | | |
| 1.2.8b | Betrayed by and / or blaming 'grown up' people who live their lives as though there isn't a climate emergency, destroying the future of younger people | | | |
| 1.2.8c | Blaming humanity as a whole: feeling people are getting their come-uppance for their arrogant superiority | | | |
| 1.2.8d | Superiority, even contempt for people who don't seem to care about flying or reducing their carbon footprint | | | |
| 1.2.9 | Inside I feel impotent and powerless, crushed and hopeless. | | | |
| 1.2.10 | Alone | | | |
| 1.2.11 | Sadness/Grief | | | |
| 1.2.12 | Numb | | | |
| 1.2.13 | Hate | | | |
| 1.2.14a | Hope | | | |
| 1.2.14b | Excited at new possibilities | | | |
| 1.2.15a | Guilt and shame at what we are handing over to future generations | | | |
| 1.2.15b | Guilt and shame that I should do more | | | |
| (1.2.16) | Self-satisfaction, superiority: I told you so! | | | |
| 2.17 | Other feelings I have | | | |

PART 2

Engaging with the climate and ecological emergency: what can support us and what can get in the way?

It is as if we are in a collective trance, as if it is almost impossible to imagine it to be true that everyday life as we know it might not continue for future generations, or if we are young, even in our own lifetime. Perhaps we need this assumption of continuity of life to give us a basic sense of safety and meaning. Usually if we sense danger, we do something about it. But this crisis is on a global scale and so one response is simply shock, to shut down and either be passively hopeless or passively hopeful that governments or the Gods will sort it out for us. We probably all do this quite a lot of the time. But if we try to engage with the climate and ecological crisis, we are likely to face a lot of challenges: Our trance of safety and continuity of life is broken and things become complicated: We can experience a conflict within ourselves between our values and our lifestyle and with our families, friends, work colleagues

and community. To start talking about it, to make changes in our daily lives, or to become involved in activism, will provoke reactions in others, some positive, some negative, some perhaps very negative. Along with difficult lifestyle choices we risk losing a sense of inclusion and belonging, or feel marginalised (or we may feel that anyway).

On one level it's as if the issue is very simple: Nations, governments, businesses and individual people need to decarbonise our economies, our homes, our lives and do this very quickly. "Just stop oil!" On the other hand, doing this involves an enormous complexity of processes on a personal, local, national and international level. Similarly stopping and reversing habitat and biodiversity loss is also a complex process from the international through to the very local. So, on one extreme we can, perhaps naively, demand instant change of politicians and business leaders but risk being very disappointed and despairing when it doesn't happen. On the other hand, we can get distracted by the complexity and use this to justify progress that is comfortable, but too slow and likely to end in catastrophe.

It's as if this dilemma is also the case within our personal, daily lives. How do we find what might be called a "balance" between living life as usual at the same time as making changes within our lives, be they small, significant or radical? This might feel like drawing a "line in the sand", how do we find our way?

We need to be resilient in order to engage with this situation. This section tries to explore what can support and what might undermine us in being resilient in engaging with the CEE. It is assumed that to engage we need to be connected: to our feelings, to each other, to nature and (for some people) spiritually. On the other hand, being isolated, disengaged, or passive, will likely undermine us. This is a collective problem, even a collective trauma: we can be more resilient if we are connected and doing something, however big or small, but less resilient if we are disconnected, shut down and alone. To make progress it is clearly not just about taking action to decarbonise and protect nature, it also involves a big shift in our cultural perspectives, something we all create together.

2.1. What might undermine our resilience?

This section describes different problem patterns that undermine or even block us engaging with the climate and ecological emergency. There are different sections describing vicious circles, dilemmas and conflicts.

2.1.1 Vicious circles

Sometimes the ways we try to cope gives us some sense of relief but then it is as if this doesn't address the problem, maybe makes it worse and it comes back to bite us. Here are some possible examples: most of them are based on the understanding that being passive and avoiding engaging with a problem might seem to make us feel better in the short term, but usually undermines us longer term. It is assumed that most of us have a mixture of responses that enable and undermine us. It's not about being right or wrong.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| Applies to me strongly | Applies to me | Does not apply to me |
|------------------------|---------------|----------------------|
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|----------|--|----|---|---|
| 2.1.1.1a | It all feels too big; too much → So I try to ignore it → It goes away for a while and I can live as if it's not happening → I'm reminded again, like a shadow stalking my daily life → it all feels too big | | | |
| 2.1.1.1b | I feel unsettled by the CEE → but I don't want to be upset I just want to feel okay → so I just keep living my life; it's easier to not think about it → But then I feel guilty and things just get worse and I feel really unsettled | | | |
| 2.1.1.2a | Feeling powerless → When I think about the CEE, I get anxious and overwhelmed → I shut down and disconnect from myself and my environment → I end up alone with it and unable to act | | | |
| 2.1.1.2b | Feeling overwhelmed or powerless → I turn my frustration onto governments, politicians and large corporations and other powerful institutions → I'm comfortable believing it's not something I can truly influence → I'm angry and blaming and justified in remaining passive and disconnected | | | |
| 2.1.1.3 | My despair feels overwhelming, I feel alone and powerless, it is as if the only control I have is to try and suppress it and avoid feeling it. I feel better for a while and then I am reminded, and it comes back again | | | |

| | | | | |
|-----------|---|--|--|--|
| 2.1.1.4 | I feel deep sadness but don't know where to take it. I keep it inside and suppress it. I feel alone with it and it dulls into a kind of hopeless depression | | | |
| 2.1.1.5 | Feeling fear and shock I freeze. I go numb but the fear is still there and becomes like a dark cloud and stress hanging over life. I feel powerless, maybe a victim. | | | |
| 2.1.1.6 | There's no point thinking about something that you can't do anything about → so I don't → and I'm not going out of my way to make things better → and there's no point thinking about it | | | |
| 2.1.1.7a | I'm concerned but I feel optimistic → I feel better believing it will work out okay in the end → I carry on as normal | | | |
| 2.1.1.7b | I'm a bit of a pessimist → it's easier to imagine the worst and I really can't see the point in trying to do something → I feel a passive victim in a hopeless situation | | | |
| 2.1.1.8a | I realise it's a big issue → but it won't affect me or my friends and family in our lifetime → so I don't feel any urgent need to go out of my way to do anything about it → I realise things are worsening, but I'm okay as it won't affect me | | | |
| 2.1.1.8b | I'm concerned and feel determined to do my bit → I stick to some principled actions and choices → but these put me out and overall nothing seems to be improving → I can't sustain it → I'm angry at myself and/or others and feel increasingly concerned | | | |
| 2.1.1.9a | I feel the situation is a real concern → I lack confidence in my views, especially when so many others don't seem to be concerned → I'm alone in my efforts to make a difference or I let it go in the belief that it can't be a real concern | | | |
| 2.1.1.9b | I fear it won't go well if I share my feelings → so I keep them bottled up → I feel alone, isolated and like no one understands. Sometimes when I'm overwhelmed my feelings flood out, reinforcing I should keep my feelings to myself | | | |
| 2.1.1.9c | I fear that if I express my feelings and views about the CEE then I won't be understood or accepted by my family, friends or wider community → I keep quiet → people around me don't understand | | | |
| 2.1.1.9d | I try and control my feelings, bottle them up, but then sometimes I just explode and this alienates people. Either way I feel isolated and alone | | | |
| 2.1.1.10a | I realise the CEE is a major issue → I look down on others who don't seem to recognise what's going on → I become critical and judgmental and hopeless that not enough is being done | | | |

| | | | | |
|-----------|---|--|--|--|
| 2.1.1.10b | I don't have any feelings about the CEE → I am just trying to get by in life → don't like hearing others talk about it or how it makes them feel → I spend time with people like me who don't think about this stuff | | | |
| 2.1.1.10c | Thinking about the CEE can be so painful, I go numb, cut off or distract myself → then a trigger happens e.g. the news / thinking about what the future holds for children / moments in nature and my feelings rush back in and overwhelm me → this makes me even more likely to cut-off or try to avoid painful emotions | | | |
| 2.1.1.11a | I feel I must speak up for those who don't have a voice: the undeveloped countries who are most affected right now, for nature and for future generations: but I feel overwhelmed at the massive scale of it all and end up feeling defeated, guilty and ashamed | | | |
| 2.1.1.11b | I feel a huge ethical responsibility and feel that I should do everything I possibly can. But I fall short of my ideals, somehow whatever I do feels never enough, and I feel bad and ashamed | | | |
| 2.1.1.12 | Feeling the tremendous urgency → I throw myself into activism → I risk getting exhausted and burnt out → but if I don't pull out all the stops → I feel demoralized / guilty / frustrated | | | |
| 2.1.1.13 | I feel lost and demoralised. I became a climate activist, putting my heart and soul into it. It seemed there could be revolutionary change right now, but it didn't happen, only small changes and real action deferred into future promises. | | | |

2.1.2 Dilemmas - Getting stuck in 'either / or'

In complex and emotionally charged situations like the CEE we can easily slip into black and white, if / then and either / or approaches that create false choices. This can be about beliefs, actions, feelings and thoughts. We may not even realize we're thinking this way, but we act as if these are the only options available. For instance, we might feel torn between bottling up our eco-anxiety or expressing it explosively. Recognizing these limiting either/or patterns is the first step toward breaking free from them.

Here are some examples:

Please mark what is best match for you for every item.....most of us will tick more than one item:

| Applies to me strongly | Applies to me | Does not apply to me |
|------------------------|---------------|----------------------|
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|----------|---|----|---|---|
| 2.1.2.1 | It is as if either I am powerless, relying on others to fix the problem or I am overwhelmed by the unbearable responsibility | | | |
| 2.1.2.2 | It is as if either I'm just trying to deal with problems of daily life or I'm engaged with the CEE and daily life seems hollow and irrelevant | | | |
| 2.1.2.3 | It is as if I am completely cut off from my feelings about the CEE or they take over my life | | | |
| 2.1.2.4 | It is as if either everyone must make fundamental changes or there is no point in doing anything | | | |
| 2.1.2.5 | Either I don't let myself think about it or if I do I will be overwhelmed and all that I hold dear will be in danger | | | |
| 2.1.2.6 | Either I hide my feelings from myself and other people or they all come out and upset and alienate people | | | |
| 2.1.2.7a | Either I make drastic changes in my life right now or I am completely betraying future generations and life on earth | | | |
| 2.1.2.7b | It is as if either I live a completely carbon zero life NOW or there is no point in trying | | | |
| 2.1.2.8 | Either I continue living my life the way it is, prioritizing comfort and convenience over my values and the need to make changes in my life, or I make significant changes to align my life with my values, which may require sacrificing some of my comfort and convenience. | | | |
| 2.1.2.9 | Either I continue living a "normal" life despite feeling a threat to the planet and life, or I make significant changes to my lifestyle to | | | |

| | | | | |
|----------|--|--|--|--|
| | address the issue, even if it means sacrificing comfort and convenience. | | | |
| 2.1.2.10 | Either I prioritize taking action to address the urgency of CEE, even if it disrupts my daily routines, or I continue with my "business as usual" life and risk being unprepared for the future? | | | |
| 2.1.2.11 | Either I prioritize my personal preferences and spend my money in the way I prefer, or I prioritize making changes to reduce my environmental impact and use my money in a way that aligns with my values. | | | |
| 2.1.2.12 | Either I do what I want to do and ignore my low income, or I prioritize my income and sacrifice what I want to do. | | | |
| 2.1.2.13 | Either I prioritize my pleasure and continue traveling by flying, or prioritize the environment and reduce / stop flying, sacrificing the pleasure of foreign holidays and travel. | | | |
| 2.1.2.14 | I see the CEE as a simple and black and white issue. Either "just stop using oil!" or anything less immediate is pointless | | | |

2.1.3 Conflicts

Engaging with the CEE can confront us with difficult conflicts as it can affect our lifestyle (e.g. transport or food etc.), our sense of belonging and can challenge our values or sense of identity.

Please add any more that you recognise you sometimes do yourself.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| Applies to me strongly | Applies to me | Does not apply to me |
|------------------------|---------------|----------------------|
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|----------|---|----|---|---|
| 2.1.3.1a | It is as if I must dedicate my life to activism or give up completely | | | |
| 2.1.3.1b | I want to change my lifestyle but am worried that the people I care about won't understand or approve of my decisions | | | |
| 2.1.3.1c | I would like to become an activist but the risks (e.g. arrest / fines / prison) feel too great | | | |
| 2.1.3.2 | Either tell the truth to children and risk potentially exposing them to fear and distress, or to shield them from these harsh realities and maintain their innocence, but possibly leave them unprepared for the future | | | |

| | | | | |
|----------|---|--|--|--|
| 2.1.3.3 | Either I prioritize my immediate daily responsibilities and ignore my responsibilities to future generations and nature, or I prioritize my responsibilities to future generations and nature and neglect my daily responsibilities | | | |
| 2.1.3.4 | Either I continue to eat dairy products, red meat, etc., and enjoy their taste and pleasure, or I reduce or stop consuming them to mitigate their negative impact on the environment and climate | | | |
| 2.1.3.5 | Either I prioritize my daily life and concerns, and ignore my responsibility towards other countries and the global south, or I prioritize my responsibility towards them, and potentially have to sacrifice some of my daily life and concerns | | | |
| 2.1.3.6 | Either I speak out and take action on the CEE, risking alienation and criticism from my community, or I remain silent and avoid taking action to maintain my relationships and avoid confrontation | | | |
| 2.1.3.7 | Either I prioritize my values and take action to raise awareness and make positive changes at work, potentially risking alienation from colleagues or damaging my career, or I prioritize maintaining positive relationships with colleagues and advancing my career, potentially sacrificing my commitment to addressing the CEE | | | |
| 2.1.3.8 | Either I prioritize the urgency of the CEE and risk burning out, or I pace myself and risk not doing enough | | | |
| 2.1.3.9 | Either I prioritize the CEE over other pressing issues/injustices, potentially neglecting or overlooking other important causes, or I prioritize other issues/injustices over the CEE, potentially failing to address the urgent and existential threat of climate change | | | |
| 2.1.3.10 | Either I continue living my life the way it is, prioritizing comfort and convenience over my values and the need to make changes in my life, or I make significant changes to align my life with my values, which may require sacrificing some of my comfort and convenience | | | |

2.2 What can support us in engaging with the Climate and Ecology Emergency?

Turning to face the emergency is difficult, we are likely to feel strong feelings, we might feel traumatised. We are likely to find ourselves wanting to make changes in our lives, however large or apparently small. We are also likely to feel conflict in ourselves between our ideals and values and the practicalities of life and resistance to change. This is likely to be an evolving process as we adjust and adapt to a changed perspective and begin to find our way.

This process requires staying power or resilience and to have this we need to be able to draw on a lot of different kinds of resources. We need to be connected with others and not alone in facing this. Our

connection with nature and the spiritual can be vital for many. Our emotions, including painful ones, are a vital resource and the next section explores in more detail how the way we relate to them can strengthen us. Our feelings and values connect us to other people and motivate us to act. This works both ways: simply doing something constructive also lifts us out of passivity, boosts our morale and is strengthening.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| | | |
|------------------------|---------------|----------------------|
| Applies to me strongly | Applies to me | Does not apply to me |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|--------|--|----|---|---|
| 2.2.1a | Connecting with other people who share our concern | | | |
| 2.2.1b | Activating and bringing together our capacities to think, feel and act rather than closing them down in fear or hopelessness | | | |
| 2.2.2 | Talking with people, whether they agree with me or not | | | |
| 2.2.3a | Space for our feelings | | | |
| 2.2.3b | I feel grief, this is painful but then I can be less blaming or judging and more accepting of myself and other people's struggle | | | |
| 2.2.4 | Trying to become more informed about the crisis | | | |
| 2.2.5 | Taking action however big or small (passivity or paralysis can get us in a vicious circle of feeling anxious, depressed and powerless....it is crucial to feel that we can act on a situation, a problem, no matter how big or small a step we take) | | | |
| 2.2.6a | Creating active hope through continuing to engage even when it's very difficult and we want to turn away | | | |
| 2.2.6b | Discovering how to pace oneself in an emergency, moving beyond an 'all or nothing' approach | | | |
| 2.2.6c | Finding how to create a balance between engaging, taking action and taking 'time out' for regeneration | | | |
| 2.2.6d | Acting on our values, even if what we do seems to have no immediate effect | | | |
| 2.2.6e | Exploring with others in what ways we are genuinely powerless and in what ways we can act | | | |
| 2.2.6f | Finding ways to have more choice about when to engage or disengage...stepping into and out of the trance of everyday life | | | |
| 2.2.7a | Being in nature | | | |

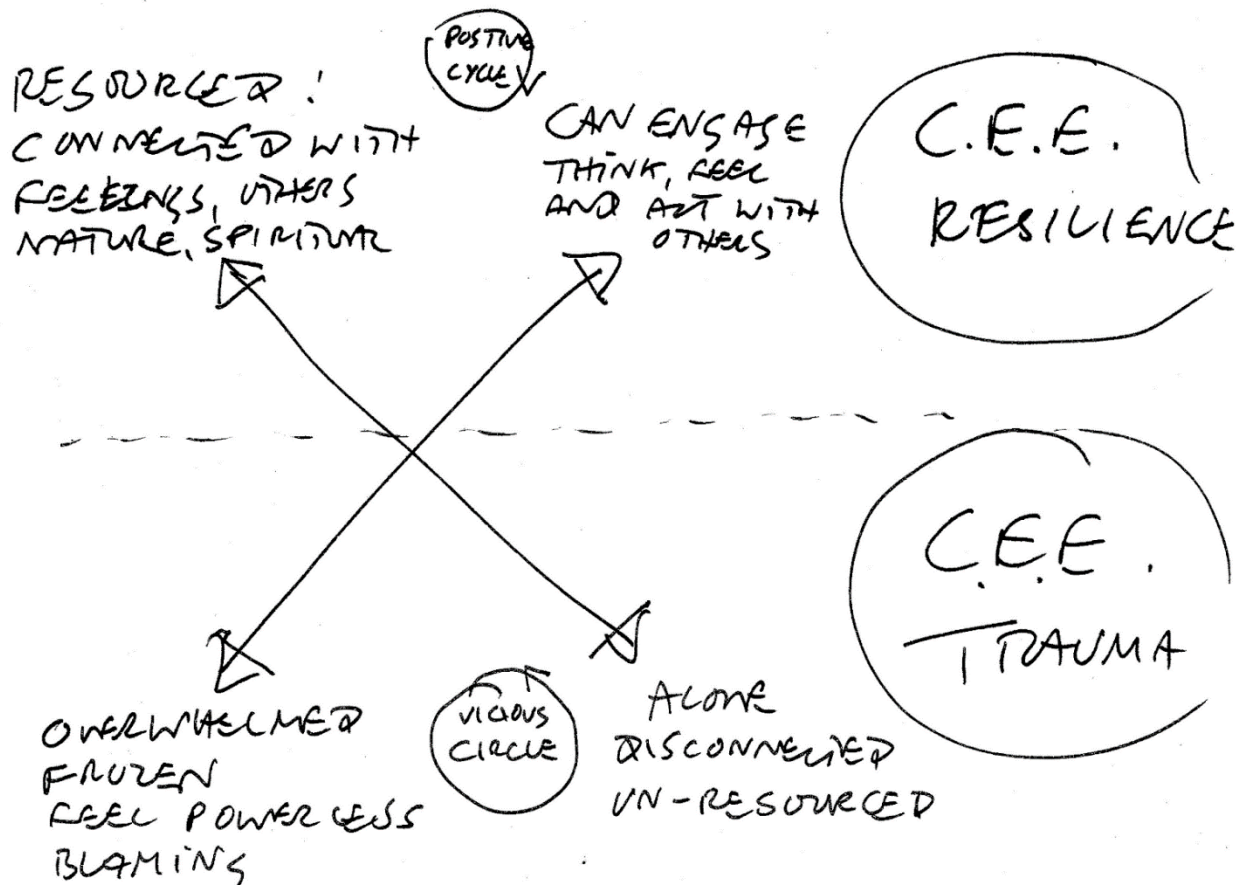
| | | | | |
|--------|---|--|--|--|
| 2.2.7b | I feel nourished and regenerated by nature even though this is often coloured by grief and pain for what is happening | | | |
| 2.2.8 | My spiritual life gives me strength and hope | | | |
| 2.2.9 | I engage with arts and culture around the CEE | | | |
| 2.2.10 | Being creative | | | |
| 2.2.11 | I try to live in the moment. | | | |
| 2.2.12 | Making time to relax, feel safe and enjoy ourselves | | | |
| 2.2.13 | Developing a vision, with others, of a positive future, something to work towards | | | |
| 2.2.14 | Turning to face and share painful feelings is hard but it strengthens me and my bonds with other people | | | |
| 2.2.15 | Seeing the CEE as a creative evolutionary challenge to humanity | | | |
| 2.2.16 | Linking up with other people to do things together about the CEE | | | |
| 2.2.17 | Joining a campaigning group | | | |
| 2.2.18 | Praying and meditating around the CEE | | | |
| 2.2.19 | Finding ways that I can best contribute with the abilities or skills that I can offer | | | |
| 2.2.20 | Seeing the problem as existing in many dimensions of life and therefore offering many different ways to positively engage with it | | | |
| 2.2.21 | Please add any other things that you feel strengthen your resilience. | | | |

2.3 Maps

Here are some outline maps of these patterns of engagement or avoidance and our need to be connected and resourced in order to be able to engage constructively.

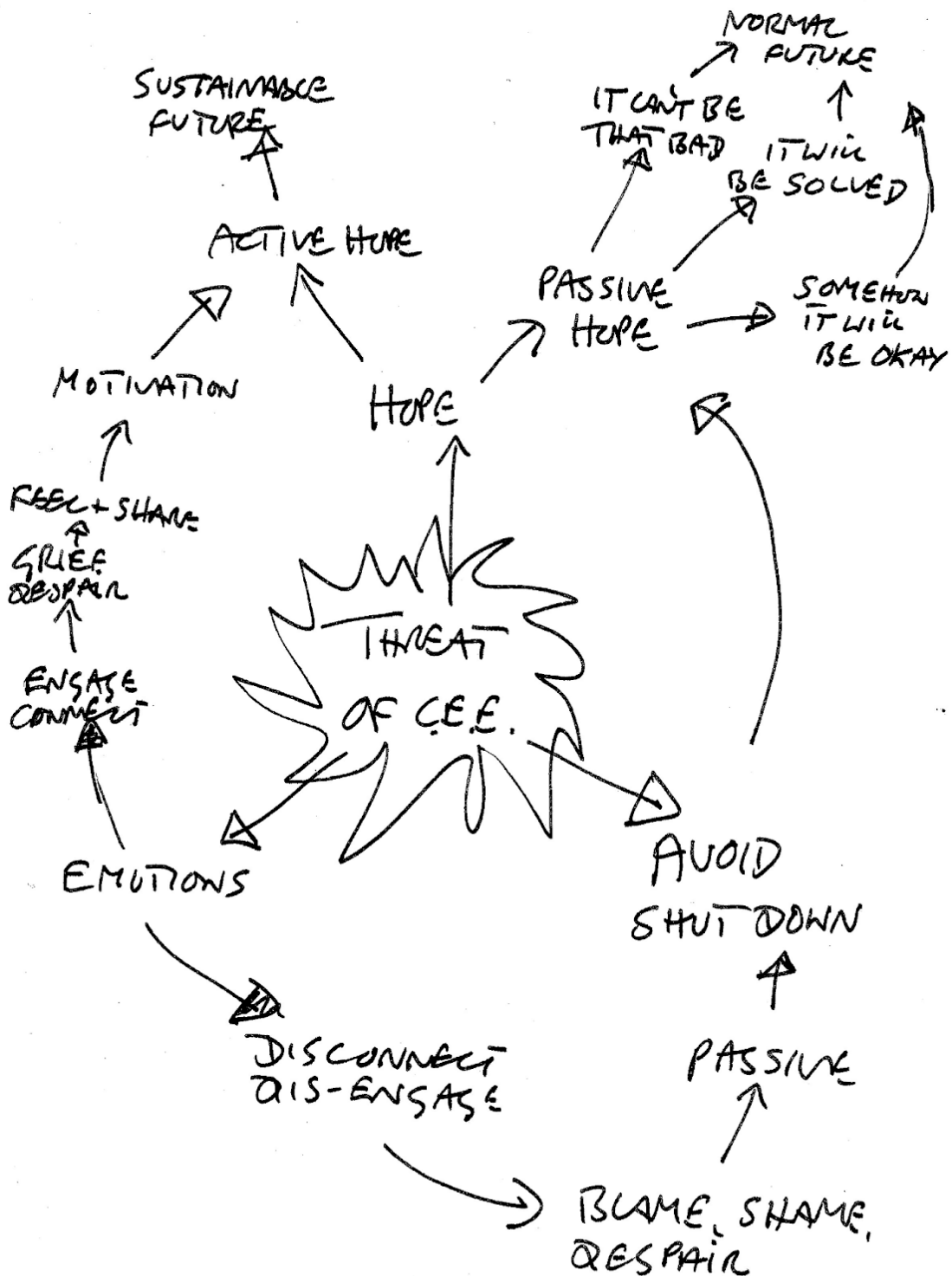
2.3.1 Map 1 – Resilience / Trauma

It is as if we may all to some extent be traumatised by what is happening. Here is a way of mapping how we can get stuck in an isolated shut down place and a possible alternative of developing resilience:



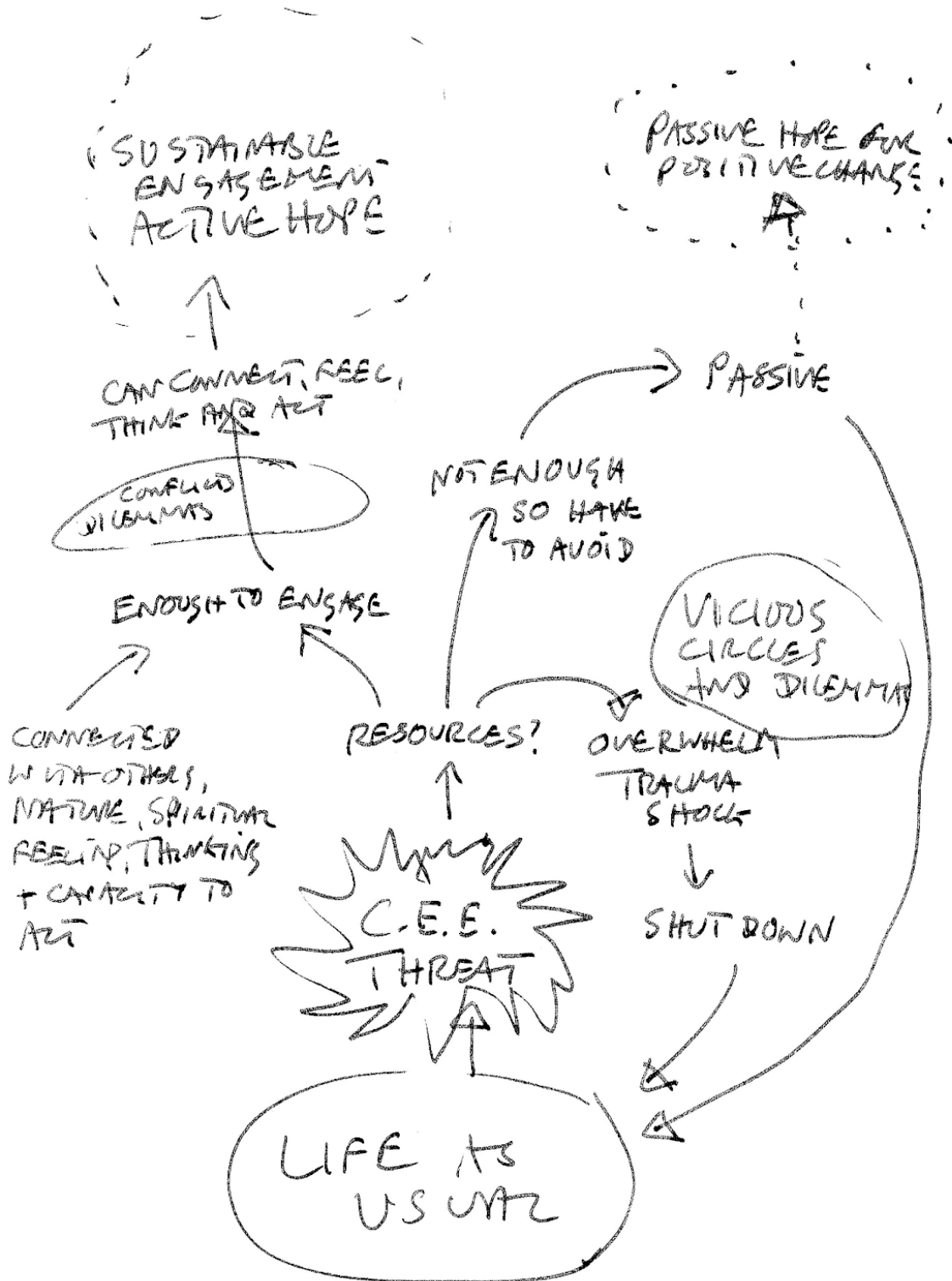
2.3.2 Map 2 – Active / Passive Hope

This is a map looking at active or passive forms of hope and of connecting or disconnecting from our emotional reactions in relation to the CEE:



2.3.3 Map 3 – Engagement

Finally, here is a map that tries to take an overview of ways we engage or disengage from the threat presented by the CEE:



2.4 Checklist of things I have done or changed in my life because of the CEE

| | | |
|-----------|--------------|-------------------------------------|
| Have done | Intend to do | Haven't done and don't intend to do |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|----------|--|----|---|---|
| 2.4.1 | Political engagement | | | |
| 2.4.1a | Written to MP | | | |
| 2.4.1b | Written to local councillors | | | |
| 2.4.1c | Active within a political party | | | |
| 2.4.2 | Activism | | | |
| 2.4.2a | Membership of activist organisation | | | |
| 2.4.2b | Participated in demonstrations | | | |
| 2.4.2c | Participated in non-violent direct action | | | |
| 2.4.2d | Reduced my work to give more time to activism | | | |
| 2.4.2e | Become a full-time activist | | | |
| 2.4.3 | Transport | | | |
| 2.4.3.1 | Reduced car use | | | |
| 2.4.3.2 | Have changed car to: | | | |
| 2.4.3.2a | Electric car, | | | |
| 2.4.3.2b | Low fuel consumption car | | | |
| 2.4.3.2c | Stopped having a car | | | |
| 2.4.3.2d | Not had a car for a long time | | | |
| 2.4.3.3 | Increased cycling | | | |
| 2.4.3.3a | To work | | | |
| 2.4.3.3b | For pleasure | | | |
| 2.4.3.4 | Increased use of public transport | | | |
| 2.4.3.5 | Use public transport for longer journeys when possible | | | |

| | | | | |
|----------|---|--|--|--|
| 2.4.3.6 | Reduced flying | | | |
| 2.4.3.7 | Stopped flying | | | |
| 2.4.3.8 | Other | | | |
| 2.4.4 | Food | | | |
| 2.4.4.1a | Increased the amount of organic food I buy | | | |
| 2.4.4.1b | Gone almost entirely organic | | | |
| 2.4.4.2a | Reduced red meat | | | |
| 2.4.4.2b | Stopped red meat | | | |
| 2.4.4.3a | Reduced fish | | | |
| 2.4.4.3b | Stopped fish | | | |
| 2.4.4.4a | Reduced dairy | | | |
| 2.4.4.4b | Stopped dairy | | | |
| 2.4.4.5a | Gone vegetarian | | | |
| 2.4.4.5b | Gone vegan | | | |
| 2.4.4.6 | Prioritising local food (reducing food miles) | | | |
| 2.4.4.7 | Other | | | |
| 2.4.5 | Home | | | |
| 2.4.5.1a | Turned down thermostat on heating | | | |
| 2.4.5.1b | Use less heating | | | |
| 2.4.5.2a | Insulated home | | | |
| 2.4.5.2b | Double/triple glazing | | | |
| 2.4.5.3a | Solar panels | | | |
| 2.4.5.3b | Air or ground source heat pump | | | |
| 2.4.5.3c | Moved from gas to electric heating / cooking / hot water | | | |
| 2.4.5.3d | Biomass boiler | | | |
| 2.4.5.4 | Green electricity supplier | | | |
| 2.4.5.5a | Recycling using local council collection | | | |
| 2.4.5.5b | Additional recycling by taking it to the recycling centre | | | |
| 2.4.5.6 | Other | | | |
| 2.4.6 | Garden | | | |
| 2.4.6.1 | Making it more wildlife friendly | | | |

| | | | | |
|---------|--|--|--|--|
| 2.4.6.2 | Done things to increase increasing biodiversity (e.g. wildlife pond) | | | |
| 2.4.6.3 | Growing more of my own food | | | |
| 2.4.6.4 | Avoid use of synthetic pesticides and fertilisers | | | |
| 2.4.6.5 | Other | | | |
| 2.4.7 | Work | | | |
| 2.4.7.1 | Raising and working on CEE issues with colleagues/management | | | |
| 2.4.7.2 | I have linked up with others who are concerned | | | |
| 2.4.7.3 | Have joined a working group focused on the CEE at my place of work | | | |
| 2.4.7.4 | Have joined a group in my professional body focused on the CEE | | | |
| 2.4.7.5 | Other | | | |
| 2.4.8 | Community | | | |
| 2.4.8.1 | Joined community group focused on CEE | | | |
| 2.4.8.2 | Participated in community projects linked to the CEE | | | |

APPENDICES

A1 Relationship with nature

There has been a tendency in our culture to relate to nature as something to be controlled, even conquered and then used or exploited for our benefit. It is as if only now, when the natural world is being destroyed and climate change may be making whole regions uninhabitable, that we are realising our dependence on nature, perhaps seeing ourselves as part of it.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| | | |
|------------------------|---------------|----------------------|
| Applies to me strongly | Applies to me | Does not apply to me |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|---------|--|----|---|---|
| A1.1 | My relationship with nature is not something I've really considered | | | |
| A1.2 | It is only more recently that I have become more aware of how dependent we are on nature | | | |
| A1.3 | I realise that I take nature for granted | | | |
| A1.4 | I grieve to see nature and the extraordinary beauty and diversity of life on earth damaged and destroyed | | | |
| A1.5 | In destroying nature, we are destroying our life support system | | | |
| A1.6.1 | My relationship with nature has always been a large and vital part of my life. | | | |
| A1.6.2 | It is our responsibility to pass on the gift and wonder of nature to future generations | | | |
| A1.7 | Nature is there for us to exploit | | | |
| A1.8.1 | I choose to eat organic and local food as much as possible | | | |
| A1.8.2 | I don't really think about where my food comes from or why it is so cheap | | | |
| A1.8.3 | Or, I do think about it but I have not changed what I buy and eat because: | | | |
| A1.8.3a | I am on a low income | | | |
| A1.8.3b | I can afford to pay more for food but choose not to | | | |
| A1.8.3c | It's inconvenient | | | |
| A1.8.3d | I haven't got round to it | | | |

| | | | | |
|---------|--------------------------------------|--|--|--|
| A1.8.4 | Or I have thought about it and made: | | | |
| A1.8.4a | Small changes | | | |
| A1.8.4b | Big changes | | | |

A2 Relationship with information, knowledge and understanding of the CEE

Please mark what is best match for you for every item.....most of us will tick more than one item:

| | | |
|------------------------|---------------|----------------------|
| Applies to me strongly | Applies to me | Does not apply to me |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|---------|---|----|---|---|
| A2.1 | I try and educate myself about the CEE so I can understand what's going on, how serious it is, what factors are causing it and what can be done about it. | | | |
| A2.2.1 | I haven't tried to learn about it because | | | |
| A2.2.1a | I trust the experts | | | |
| A2.2.1b | I don't know where to find reliable information | | | |
| A2.2.1c | I don't trust any sources of information, they are all lying or distorted | | | |
| A2.2.1d | I don't much understand science | | | |
| A2.2.1e | I'm too busy | | | |
| A2.3 | What I think doesn't make any difference so what's the point? | | | |
| A2.4 | I suspect that I haven't let myself realise just how serious it is | | | |
| A2.5 | It just seems too big and frightening to understand | | | |

A3 Hope, fear and despair

(Note: this might be best formatted as a kind of map with hope/hopeless in the centre and different forms of hope and hopelessness radiating out from it...too difficult to set up in this draft...if this is thought to be a good idea is anyone skilled at doing this?)

If formatted as a list then can tick or if digital delete appropriately: “applies to me”, “partly applies to me”, “not me”)

We may feel hope and despair about the CEE at different times or even a mixture of both at the same time; or for some people having despair rules out hope and or hope is absolute. Most people would agree that we need hope in life; we can experience hope in different ways and from different sources. This section tries to explore where we find or place hope and in what ways we fear or even despair of the future.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| Applies to me strongly | Applies to me | Does not apply to me |
|------------------------|---------------|----------------------|
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|---------|--|----|---|---|
| A3.1.1 | I place hope in rapid steps of change (fast evolution) | | | |
| A3.1.2 | I place hope in a kind of revolution and fundamental change in “the system” very soon | | | |
| A3.1.3 | I place hope in our ingenuity and adaptability | | | |
| A3.1.4 | The earth is too big to fail | | | |
| A3.1.5 | I place most hope in change at an individual and local level rather than national politics and business | | | |
| A3.2.1 | I feel we are all waking up to how serious this is and are taking action on all levels: | | | |
| A3.2.1a | Individually | | | |
| A3.2.1b | Collectively | | | |
| A3.2.1c | In centres of power | | | |
| A3.2.2 | My individual actions are small, but they are meaningful and with others add up to something very powerful | | | |
| A3.2.3 | This challenge will force us to pull together both within and between nations to make big changes to serve our common interest | | | |

| | | | | |
|---------|--|--|--|--|
| A3.3.1 | I fear that we will always be too distracted by nationalism, greed, war etc. to do enough | | | |
| A3.3.2 | It is all too little too late | | | |
| A3.3.3 | Deep down I have little or no hope | | | |
| A3.4.1 | I am an optimist but underneath am very frightened/concerned | | | |
| A3.4.2 | I swing between hope and no hope | | | |
| A3.4.3 | I believe there's no hope unless big countries like China and the USA change | | | |
| A3.5 | I feel I should do more, be an activist, but I am frightened of the possible negative consequences for me and my family | | | |
| A3.6 | God won't let this happen | | | |
| A3.7.1 | I became an activist and went out onto the streets. We hoped and believed that if enough of us did this then we would have radical change now and save the planet...but it didn't happen and now | | | |
| A3.7.1a | I feel lost and hopeless | | | |
| A3.7.1b | I realise this is going to take time, even though we don't have much time | | | |
| A3.7.1c | I/we need to find a different approach | | | |
| A3.7.1d | I feel I didn't do enough, try hard enough or risk enough | | | |
| A3.7.1e | I feel betrayed, let down | | | |

A4 Relationship with power, powerless-ness and responsibility

It is as if we all face a kind of paradox: We can all feel powerless in the face of the sheer scale of this problem, believing that it needs to be tackled at a national and international level by political and business leaders. But at the same time addressing this emergency also requires very significant changes in how we as individuals lead our lives, what we choose to do, eat and buy and, last but not least, what government policies we are prepared to vote for. (Clearly this applies to people in the developed world where we have comparatively huge individual carbon footprints compared to people living in 'less developed' countries. Also, people living on very low incomes in developed countries will not experience much choice about reducing their carbon footprint).

So how do we relate to these two very different locations of power and choice: national and personal? We can perhaps feel both *betrayed* by those in power (political or businesses/capital) but also feel that we ourselves are *betraying* our values and betraying future generations through contributing to the problem through flying, driving to work, eating meat etc. On the other hand, we may be acting on our feelings and values by engaging in things that are intended to make constructive changes, lower our carbon footprint, trying to influence those in power and feel that in doing this we are caring for the future and life on earth. Can we look future generations in the eye and say “Yes, I did know how serious it was and this is what I tried to do about it”.

Most of us are likely to be both betraying and constructive to a greater or lesser extent in different aspects of our lives: how do we live with this tension or conflict? Or if we feel powerless in many ways do we then slide into blind trust or blame and hate? Where do we locate power and responsibility?

Please mark what is best match for you for every item.....most of us will tick more than one item:

| Applies to me strongly | Applies to me | Does not apply to me |
|------------------------|---------------|----------------------|
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|--------|---|----|---|---|
| A4.1 | International | | | |
| A4.1.1 | We need to put aside political and national differences and come together in facing a common threat | | | |
| A4.1.2 | We need climate justice, the countries that are least responsible for the crisis are the hardest hit by it. The developed world needs to take responsibility. | | | |
| A4.1.3 | I feel that vested interests and misinformation and lies are too powerful and will prevent meaningful change | | | |

| | | | | |
|---------|---|--|--|--|
| A4.1.4 | I find the COP process: | | | |
| A4.1.4a | I don't know what COP is | | | |
| A4.1.4b | A greenwashing charade | | | |
| A4.1.4c | Hugely disappointing | | | |
| A4.1.4d | Making significant progress but too slowly | | | |
| A4.1.4e | On track for tackling the CEE | | | |
| A4.1.4f | Very hopeful and exciting | | | |
| A4.1.4g | A mixture of the above | | | |
| A4.2 | Governments and businesses | | | |
| A4.2.1 | It's all 'business as usual' hiding behind greenwashing | | | |
| A4.2.2 | I trust our governments and businesses to act sensibly and keep the world safe | | | |
| A4.2.3 | I want to be in constructive dialogue with people in power | | | |
| A4.2.4 | I feel we can positively influence leaders in politics and business | | | |
| A4.2.5 | I feel it is worthwhile trying to influence politicians and businesses | | | |
| A4.3 | Local government and Community | | | |
| A4.3.1 | We need to strengthen local democracy so we can take positive action in our communities | | | |
| A4.3.2 | We can't trust governments to do enough, we need to pull together locally and do it ourselves | | | |
| A4.3.3 | People in my community are organising things to help tackle climate change | | | |
| A4.4 | Individual and Family | | | |
| A4.4.1 | It's not my fault or responsibility...others should sort it out | | | |
| A4.4.2a | Making changes to our individual carbon footprint is an important contribution to change even though it seems small | | | |
| A4.4.2b | Change at an individual and local level can be very powerful | | | |
| A4.4.2c | Even if everything I do as an individual doesn't seem amount to anything it's still worth doing | | | |
| A4.4.3 | I am self-critical about not doing enough, feeling bad, as if I am letting down future generations, nature and the earth. | | | |
| A4.4.4 | I am very angry and frustrated with our leaders and big business and this spurs me to take action | | | |

| | | | | |
|---------|--|--|--|--|
| A4.4.5 | I have used my power as a consumer and made changes | | | |
| A4.4.5a | I feel I am doing enough or alternatively | | | |
| A4.4.5b | I feel I am never doing enough | | | |
| A4.4.6a | My individual actions might make me feel better but are a drop in the ocean and useless | | | |
| A4.4.6b | I feel a powerless witness of terrible destruction now and with even worse to come | | | |
| A4.4.6c | I feel trapped in my low income and can't afford to make 'green' changes that I want to make | | | |
| A4.5 | Activism | | | |
| A4.5.1 | Activists are just provoking people and therefore counter-productive | | | |
| A4.5.2 | I feel inspired by activists | | | |
| A4.5.3 | I feel activists are an important part of change | | | |
| A4.5.4 | I am or have been involved in activism | | | |
| A4.6 | Spiritual | | | |
| A4.6.1 | I feel prayer and meditation can help in this | | | |
| A4.6.2 | Organised religion is a positive force in tackling the CEE | | | |
| A4.6.3 | Organised religions aren't doing enough | | | |

A5 Choosing to engage

If you are choosing to engage with the CEE how do you find your way in including it in your daily life? Most of us are somewhere between being a full-time activist and being a climate denier: how do we find our way of living with the CEE? We all have patterns of how we engage with change and difficulty in our lives, and this will affect how we engage with the CEE

Please mark what is best match for you for every item.....most of us will tick more than one item:

| | | |
|------------------------|---------------|----------------------|
| Applies to me strongly | Applies to me | Does not apply to me |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|---------|--|----|---|---|
| A5.1a | I act on my gut feelings | | | |
| A5.1b | I feel my way | | | |
| A5.2 | I procrastinate | | | |
| A5.3 | I need to act not hang around | | | |
| A5.4 | I feel the urgency and see a clear and simple solution | | | |
| A5.5a | Being able to accept our level of engagement, not feeling we should always be doing more. | | | |
| A5.5b | I pace myself, I choose to give the crisis my time, attention and energy and then I can put it aside and engage again later. It still intrudes but I know I am making space for it in my life, I don't feel passive. | | | |
| A5.5c | I compartmentalize this a bit: I engage with the crisis and I also let myself slip back into a trance of continuity of normal life | | | |
| A5.6.1 | I make what I take to be rational or logical judgements and decisions | | | |
| A5.6.2 | I gather lots of information and use this to: | | | |
| A5.6.2a | Make a decision | | | |
| A5.6.2b | Put off decisions | | | |
| A5.7a | Change for me is not a one-off decision, more a step by step process that I need to check in on as it evolves | | | |
| A5.7b | I am approaching this in stages, one thing at a time | | | |
| A5.8a | I tend to conform and follow trends rather than strike out on my own | | | |

| | | | | |
|-------|--|--|--|--|
| A5.8b | I follow the lead of people I respect | | | |
| A5.9a | I have engaged with this through political parties | | | |
| A5.9b | I have joined activist organisation(s) | | | |
| A5.9c | I contribute to Greenpeace and or other campaigning groups | | | |
| A5.10 | I talk about it socially and at work | | | |
| A5.11 | I tend to be more of a rebel, different, go against the grain. | | | |
| A5.12 | Other approaches to finding my way | | | |

A6 Conflicts we experience

In our culture we often see these as separate or even in conflict.... We might think that letting ourselves feel grief is pointless, that it doesn't change anything, doesn't alter the facts. That only concrete action can have results. This misses the vital role our feelings have in motivating us, connecting us with others and supporting our capacity to make changes. In just doing things we can become alone and exhausted, in just feeling we can feel passive and overwhelmed.

Please mark what is best match for you for every item.....most of us will tick more than one item:

| | | |
|------------------------|---------------|----------------------|
| Applies to me strongly | Applies to me | Does not apply to me |
| ++ | + | 0 |

| | Description | ++ | + | 0 |
|-------|---|----|---|---|
| A6.1 | I experience a conflict or clash between: | | | |
| A6.1a | My values and the need to make changes in my life versus comfort, convenience or inertia | | | |
| A6.1b | Where do I draw the line: what is "doing enough"? | | | |
| A6.1c | Living a "normal" life when I feel there is a threat to the planet and life | | | |
| A6.1d | Telling the truth to children versus protecting them and trying to maintain their innocence | | | |
| A6.1e | The urgency and seriousness of the CEE and getting on with daily life | | | |
| A6.1f | Convenience of driving a car versus public transport, cycling or less travel | | | |
| A6.1g | I could afford to make changes but prefer to spend my money in another way | | | |
| A6.1h | What I want to do and my low income | | | |
| A6.1i | Pleasure of foreign holiday and travel versus reducing or stopping flying | | | |
| A6.1j | Responsibilities of ordinary daily life versus responsibilities to future generations and nature | | | |
| A6.1k | Pleasure of eating dairy products, red meat etc versus their climate and environmental impact | | | |
| A6.2 | I see things in the media that are happening in other countries or the global south, I feel upset and responsible, but my daily life and concerns get my attention and priority | | | |
| A6.3 | What priority to give the CEE in relation to other pressing issues/injustices | | | |
| A6.4 | Seeing this crisis as simple and black and white ("Just stop oil!") or complex and needing responses on many levels | | | |

Full Contents

Table of contents

| | |
|---|----|
| Living with the Climate and Ecological Emergency | 1 |
| Introduction..... | 2 |
| Content links | 3 |
| PART 1 – Thoughts and Feelings | 3 |
| PART 2 – Engaging with the CEE | 3 |
| Appendices..... | 3 |
| PART 1..... | 4 |
| 1.1 How serious do I think it is, what do I believe might happen because of CEE?..... | 4 |
| 1.2 My feelings about the CEE within my everyday life | 6 |
| PART 2..... | 7 |
| Engaging with the climate and ecological emergency: what can support us and what can get in the way?..... | 7 |
| 2.1. What might undermine our resilience? | 9 |
| 2.1.1 Vicious circles..... | 9 |
| 2.1.2 Dilemmas - Getting stuck in ‘either / or’..... | 12 |
| 2.1.3 Conflicts | 13 |
| 2.2 What can support us in engaging with the Climate and Ecology Emergency? | 14 |
| 2.3 Maps | 17 |
| 2.3.1 Map 1 – Resilience / Trauma..... | 17 |
| 2.3.2 Map 2 – Active / Passive Hope..... | 18 |
| 2.3.3 Map 3 – Engagement | 19 |
| 2.4 Checklist of things I have done or changed in my life because of the CEE | 20 |
| APPENDICES | 23 |
| A1 Relationship with nature..... | 23 |
| A2 Relationship with information, knowledge and understanding of the CEE | 25 |
| A3 Hope, fear and despair | 26 |
| A4 Relationship with power, powerless-ness and responsibility | 28 |
| A5 Choosing to engage..... | 31 |
| A6 Conflicts we experience | 33 |
| Full Contents | 34 |