

1 What is the topic about?

To discuss “The feeling to lose control” is not about the list of challenges we currently face or expect in future. The topic is about how we perceive these challenges, those which exist and those which are only imagined.

In addition, we may find, that these challenges (as perceived) are handled in a completely inadequate way, without the chance to influence the development.

This reason of helplessness may also have its root in an inadequate understanding of the challenge itself. Of course, perceiving a challenge adequately is only the first step on the way to gain control again.

2 Questions

Why should a challenge or an unpleasant combination of them push me into panic mode? Why do I think it cannot be mastered?

Are my imaginations too limited?

Is there a lack of resources, or a lack of willingness for cooperation, or a lack of willingness to change?

Is there too much mistrust. Are the forces which create mistrust too strong?

Are the forces to build trust too weak? Who are these forces?

Do I have a lack of imagination of how things will develop?

Do I paint things too black without evidence, just based on prejudice?

Is my view on the situation FACT-GUIDED or more FAKE-GUIDED?

Do I see a way to regain control? Under which conditions would this be possible?

Is my strategy the attempt of restoring cooperation for a common aim?

Or is my strategy “me and my group” against the rest of the world?

Which of the two strategies can mobilize more resources, create cooperation and the willingness to change?

Is the strategy based on a conspiracy theory? Or a real path in the real world?

Are conspiracy theories designed to cultivate the feeling of having lost control?

3 The external Challenges (incomplete)

- Human caused climate change
- Imperial claims enforced by war and suppression (China, Russia)
- Immigration caused by violent conflicts and climate change
- Destabilization of countries by intended disinformation as political weapon
- Control of new technologies
- Support of claims for Human Rights and democratic development
- Need for sustainable production, consumption and resource usage
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4 Factors enforcing the feeling of losing control

- Populism
 - o Disinformation, Conspiracy Theories, abandoning of FACT-GUIDED Thinking, creating of mistrust where trust is justified, Loss of own competence of judgement, following FAKE-GUIDED thinking, losing orientation, encouragement of violence
 - o preventing cooperation, and ignoring and denying real external challenges
- Economic weakness, lack of resources without a perspective for better support and cooperation
- Threat of military violence (may also cause a firm reaction of defense)
- Disunity in political leadership, creating the impression, that no plan exists to master a challenge
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