

# FAMILIAR ATTRACTORS

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The term “attractor” may be new to you, but I promise that the phenomenon is something you already have a lot of experience with.

- *That way of relating that you always fall back into with your parent or sibling? That’s an attractor.*
- *That fight you always come back to with your significant other? That’s an attractor.*
- *That habit that you just can’t kick? That’s an attractor.*
- *The rhythm of who talks and who doesn’t at that regular office meeting? That’s an attractor.*
- *The relatively stable trends of which states are Blue and which are Red? That’s an attractor.*
- *The way people tend to socialize primarily with people who see things the same way they do? That’s an attractor.*

## EXPLORING THE CONCEPT

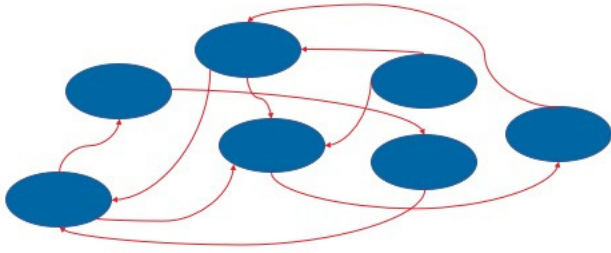
To help deepen your understanding of the concept of attractors, pick one of the examples above, or choose one change resistant pattern of your own from your life.



Now, take a few minutes to write out on a piece of paper all of the different factors that you think contribute to how this pattern plays out—historical interactions and relationships, accumulated emotional responses, assumptions, expectations, triggering aspects of the environment/particular situations, individual motivations or values, power dynamics, etc. Whatever you can think of.

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## DRAWING CONNECTIONS



Now, write the factors you identified below, and try to cluster factors that are closely related closer together. It can help to draw circles around each factor. When you finish writing them below, start to draw connections between factors that you think are related--factors that strengthen or reinforce each other.

## REFLECT

As you look at your mini-attractor map, what do you notice? Does looking at a familiar pattern in this way change how you think about the nature of the pattern? Does it change anything about how you'd think about transforming it?

