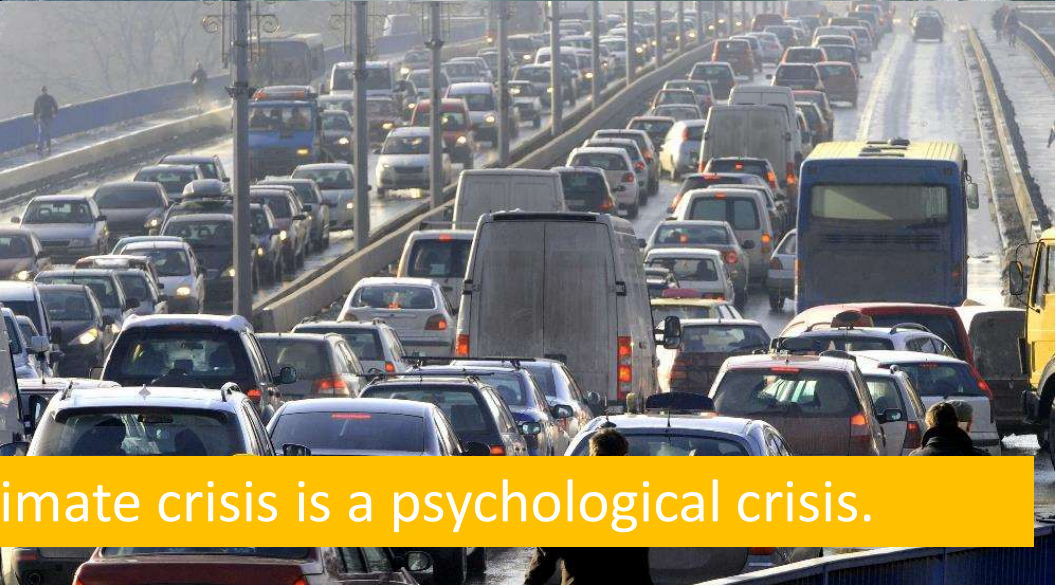


This presentation is based on information from the website www.psychologistsforfuture.org
The page about power is an addition from our side.

Why and how do we avoid to take action on climate crisis?

And what do we need to face the problem?

Bilder: shutterstock



The climate crisis is a psychological crisis.

Why are we not appropriately dealing with the climate crisis,
even though it poses an existential threat to us?



It is **just because** it threatens our very existence.





fear

anxiety

existential
threat

guilt

helplessness

Coping strategy

Bewältigungsstrategien



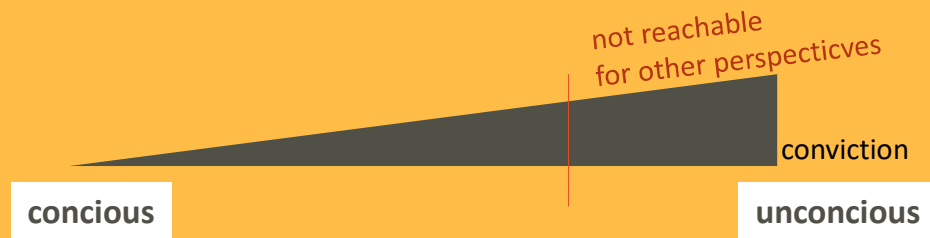
**Coping strategies are
normal human reactions
to minimize or tolerate stress or conflict.**

dysfunctional

focus on emotion-management

functional

focus on the solution of the problem



Manipulation

Malice
Böswilligkeit

Dysfunctional coping strategies

RESIGNATION

AVOIDANCE

DISTRACTION FROM THE PROBLEM

COMPENSATION

DENIAL



Understanding & Communication



Surrender – Erduldung – Resignation – Depression

Even if Germany would get greener, it's just a drop in the bucket and would not make any difference...

Others pollute the world much, more than I. As long as they don't change, what can I do...?

You can not do anything anyway...

Even the politics does not care about the climate crisis.



gain **SELF-EFFICACY** (Selbstwirksamkeit) and **CONTROL**



⇒ less „dire-messages“

⇒ look for concrete goals to achieve

⇒ look for positive counter-examples



Avoidance - Vemeidung



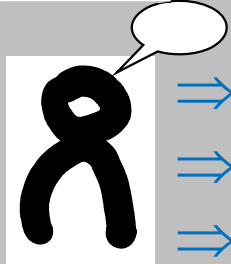
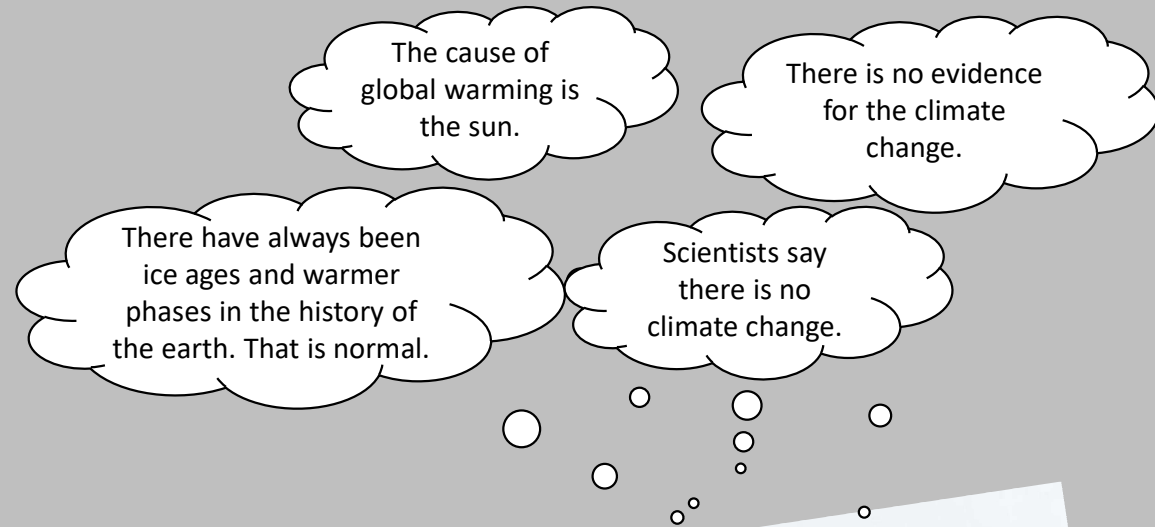
**strengthen the feeling
of RESPONSIBILITY**



- ⇒ empathy for the strategy, no blaming
- ⇒ name the consequences of the strategy
- ⇒ look for individual and emotional individual stories, not only for intellectual facts



Denial - Verneinung



- ⇒ be aware of the rigid worldview
- ⇒ be authentic, share your point of view
- ⇒ stay respectful
- ⇒ accept, if the positions cannot get closer



Over-compensation - Über-Kompensation

The economy/
growth/jobs must not be
put at risk!

Everyone is
responsible for
his own life!

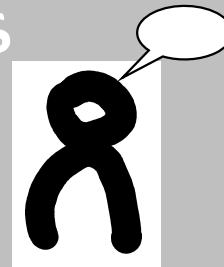
I do not accept
prohibitions!

PERSONAL
INTERESTS
AND VALUES

SELF-DETERMINATION
Selbstbestimmung



**Strengthen the feeling
of INTERCONNECTEDNES
(Verbundenheit) and JUSTICE**



⇒ recognize need for
self-determination
⇒ find superior values

Power

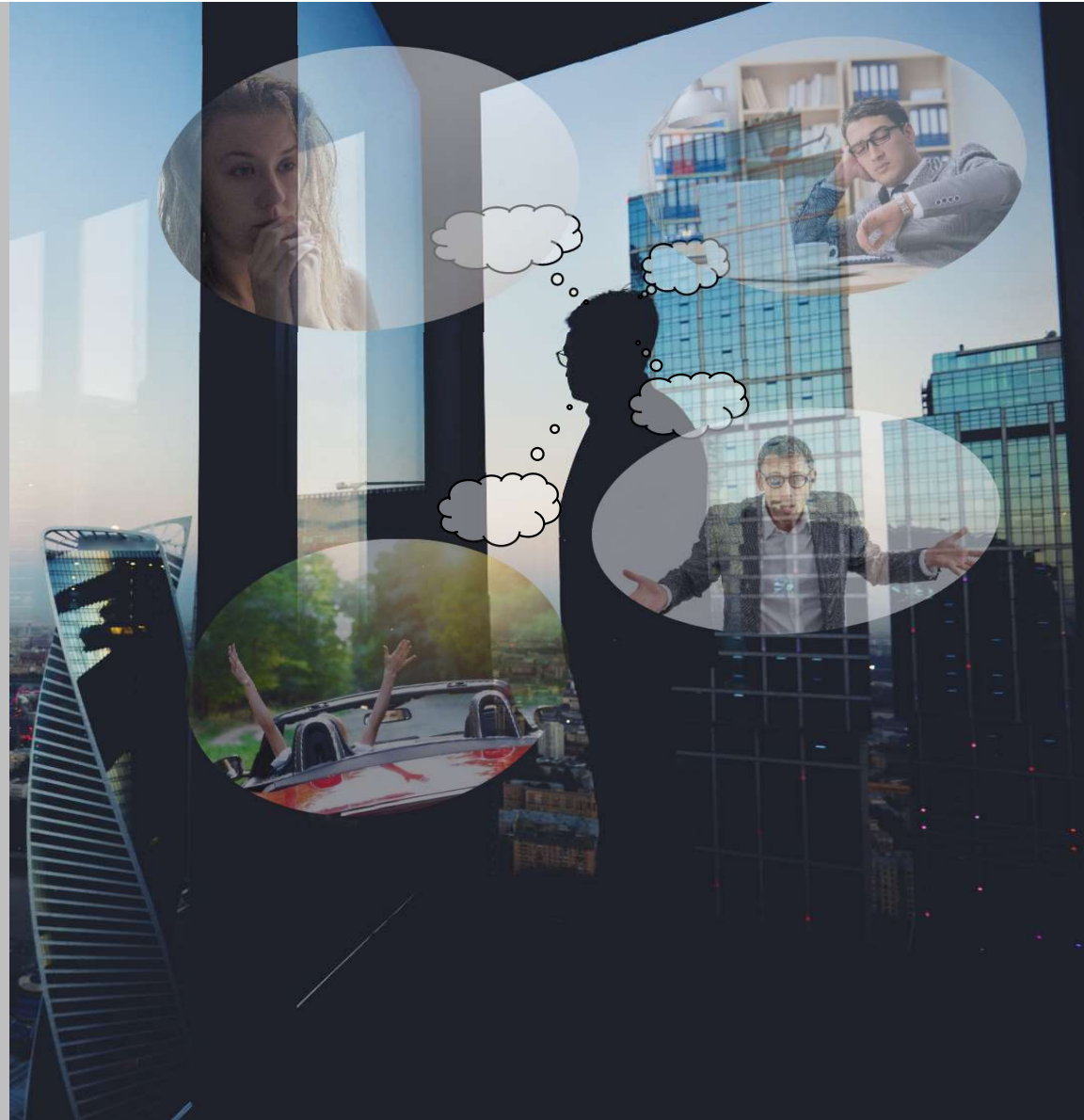
Unfortunately, there is still a 5th strategy. Those who enjoy power and advantages have something to lose. Those who can make profit from delaying the necessary changes will try to prevent them.



Power

Unfortunately, there is still a 5th strategy. Those who enjoy power and advantages have something to lose. Those who can make profit from delaying the necessary changes will try to prevent them. The best strategy to achieve this is to use our own unconscious avoidance strategies.

Don't let them.



Functional coping strategies

DEAL WITH THE PROBLEM

TAKE ACTION!



Influencing Factors

AWARENESS OF THE PROBLEM

... does not lead necessarily
to environmentally conscious behavior

SELF-EFFICACY

Point out concrete ways.

COGNITIVE DISSONANCE

Unpleasant state: values <> behavior
Should values or behavior be adapted?
Nobody is perfect.
Sense the unpleasant feeling.

RESPONSIBILITY

Appeal to fundamental values (justice, equality, ..)
Direct appeals can create feelings of guilt!

ROLE MODEL

Be a role model for environment-friendly behavior.

INTENTION-BEHAVIOR GAP

Are the goals concrete, achievable?
Start small. it is not about getting perfect but about starting a change.
Establish habits.
Think in if-then patterns.

Supporting Values



PURPOSE
Sinnerfüllung



BELONGING
Zugehörigkeit



I am committed to a goal that is bigger than my little life.

We are all in the same boat.
We can only solve the problem together.



SELF-WORTH
Selbstwert



We need many small and big heroes.
I am one of them.

How to communicate



Problem-focussed coping strategy

Get informed

Reduce your
personal
ecological footprint

Take action

Contribute to reduce
our collective
ecological footprint



GREENPEACE

Bewegt Politik!
campact!





Let us contribute

to choose the right coping strategy
for our future