

# ECOLOGY CHECKS.

ECOLOGY is the term used to remind us that all outcomes, whether they be consciously or unconsciously experienced by people are systematically linked to both the internal self and others (externals).

For every situation that we change, or outcome we install, there is a potential to alter other connected behaviours across a range of contexts.

It is important that we check to ensure that we are considering outcomes that will benefit us without negatively impeding any of our other outcomes or contexts.

When a well-formed condition for the outcome is established, then it is easier to check ecology. Before ecology can be checked, an outcome needs to be established.

The less well formed the outcome, the more ecology check issues that will be disclosed.

The following are some examples of language that can be used during ecology checks.

Remember that ecology checks can be employed at any time during a process and particularly if you or the person or client you are working with is showing signs of unrest or unease.

Mismatching will be a primary tool for ecology. Test for loopholes in the outcome by asking:-

- ◆ Ask where, when and with whom specifically do you want this outcome?
- ◆ Also where, when and with whom do you NOT want this outcome?
- ◆ How will it effect relationships with family, friends, work, hobbies, sport, social life etc.?
- ◆ How do you feel about it? What emotions are most effected and in what way?
- ◆ What problems could be caused by this change?
- ◆ Will this change get only the desired outcome?
- ◆ What will be lost by having this change?
- ◆ What would happen if we did this change?
- ◆ What would happen if we didn't?
- ◆ What won't happen if we do?
- ◆ What won't happen if we don't do it?
- ◆ Why would you not want to make this change?
- ◆ Are there any areas in your life where you would not want this outcome?

At times, you or your clients may delete some relevant considerations when looking at change.

You may not consider the full implications and benefits in regard to your own internal state, internal processes and external behaviours, particularly in respect of relevant other people in your life.

Ask them where, when and with whom **specifically** do you want this outcome?  
Also ask where, when and with whom do you NOT want this outcome?

As we understand the relationship between the conscious and unconscious minds, we become more comfortable with maintaining a dialogue between the two.  
We can also explain this to clients who are able to share this understanding.  
This will enable us when we ask ourselves or our clients to ask if there is any part that objects to a change to encourage an awareness of, and calibrate, the unconscious signals and create a mediation between the conscious and unconscious when necessary.

We can ask what prevents us from having our desired outcome right now?  
What would happen if you had it right now?  
What would happen if you didn't?  
What causes your present state to remain?

During the process you are using, you can ask if there is any area in life in which this change would not work.

Try out this desired change in the future and relevant contexts, with relevant people, activities, places etc. This can be done disassociated and then associated using all relevant sensory perceptions.  
Try to role play after the change and see the effects. You may be able to put yourselves in that situation in the future and then look back at where you are now and see the effect of the change.

Ask yourself if you knew someone close to you who made this change, how might that be for you?

These notes cover a large and broad range of contexts and it is not always necessary or relevant to use them all.  
You make the decision to suit the particular situation as it presents itself at the time. It will depend on the person and the issue as to the extent of the ecology check. Some people will be ready for change immediately whilst others will not.