


Capacity Thinking

What is your approach to people, situations, and life?

living under the <i>rising sun</i>		living under the <i>setting sun</i>	
The glass is half full		The glass is half empty	
Possibility thinking	 <p>“The Great Eastern Sun”</p>	Problem thinking	
Creative thinking		Critical thinking	
Strengths		Weaknesses	
Possibilities		Limitations	
Contributor		Consumer	
Abilities		Disabilities	
Abundance		Scarcity	
You can!		You can't!	
Why not?		Why?	
Maybe		Never	
Open hand: give, let go		Clenched fist: grasp, hold on	
Open mind: always learning, inquiring		Closed mind: knows everything, opinionated	
Open heart: embraces change, differences, diversity, people		Closed heart: defers to defensiveness, guardedness, control, fear	
Focus: what to grow		Focus: what to fix	
Listen to what people want / need		Professionals prescribe cures	
What do we need to do to make this happen?		We can't do that. We've never done that before.	
A person is a mystery to be embraced		A person is a problem to be solved	

Compiled by Ron Irvine from concepts of capacity thinking from Asset Based Community Development, Appreciative Inquiry, and the book Shambhala: the sacred path of the warrior by Shogyum Trungpa
<http://www.appreciative-inquiry.org/>
<http://www.abcdinstitute.org/>
<http://www.inclusion.com/>