***Willing To Be Disturbed***

As we work together to restore hope to the future, we need to include a new and strange ally – our willingness to be disturbed, our willingness to have our beliefs and ideas challenged by what others think. No one person or perspective can give us the answers we need to the problems of today. Paradoxically, we can only find those answers by admitting we don’t know. We have to be willing to let go of our certainty and expect ourselves to be confused for a time.

We weren’t trained to admit we don’t know. Most of us were taught to sound certain and confident, to state our opinion as if it were true. We haven’t been rewarded for being confused. Or for asking more questions rather than giving quick answers. We’ve also spent many years listening to others mainly to determine whether we agree with them or not. We don’t have time or interest to sit and listen to those who think differently than we do.

But the world now is quite perplexing. We no longer live in those sweet, slow days when life felt predictable, when we actually knew what to do next. We live in a complex world, we often don’t know what’s going on, and we won’t be able to understand its complexity unless we spend more time in not knowing.

It is very difficult to give up our certainties – our positions, our beliefs, our explanations. These help define us; they lie at the heart of our personal identity. Yet I believe we will succeed in changing this world only if we can think and work together in new ways. Curiosity is what we need. We don’t have to let go of what we believe, but we do need to be curious about what someone else believes.

To be curious about how someone else interprets things, we have to be willing to admit that we’re not capable of figuring things out alone. If our solutions don’t work as well as we want them to, if our explanations of why something happening don’t feel sufficient, it’s time to begin asking others about what they see and think. When so many interpretations are available, I can’t understand why we would be satisfied with superficial conversations where we pretend to agree with one another.

There are many ways to sit and listen for the differences. Lately, I’ve been listening for what surprises me. What did I just hear that startled me? This isn’t easy – I’m accustomed to sitting there nodding my head to those saying things I agree with. But when I notice what surprises me, I’m able to see my own views more clearly, including my beliefs and assumptions.

Noticing what surprises and disturbs me has been a very useful way to see invisible beliefs. If what you say surprises me, I must have been assuming something else was true. If what you say disturbs me, I must believe something contrary to you. My shock at your position exposes my own position. When I hear myself saying, “How could anyone believe something like that?” a light comes on for me to see my own beliefs. These moments are great gifts.

Sometimes we hesitate to listen for differences because we don’t want change. We’re comfortable with our lives, and if we listened to anyone who raised questions, we’d have to get engaged in changing things. If we don’t listen, things can stay as they are and we won’t have to expend any energy. But most of us do see things in our life or in the world that we would like to be different. If that’s true, we have to listen more, not less. And we have to be willing to move in the very uncomfortable place of uncertainty.

We can’t be creative if we refuse to be confused. Change always starts with confusion; cherished interpretations must dissolve to make way for the new. Of course, it is scary to give up what we know, but the abyss is where the newness lives. Great ideas and inventions miraculously appear in the space of not knowing. If we can move through the fear and enter the abyss, we are rewarded greatly. We rediscover we’re creative. *(Wheatley, 2002, pp. 34-47)*

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