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Always Adapt

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Always adapt

Andrea Leonardi

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Naturae enim non imperator, nisi parendo
Francis Bacon

Life is constant adaptation. Any variation produces a corresponding change in response to what has occurred. These changes are often sudden, sometimes catastrophic and unexpected. It is worth dwelling on this last point: the expectation. The man, as a psychophysical living organism, is "programmed" to plan and, above all, anticipate in the best way what could happen to him in the future. Our past experiences, for example, teach us to avoid making mistakes in the future: the mature person knows that by acting in a certain way they will steer their actions so that the consequences are to their advantage. Therefore, each person builds a configuration of expectations about the world and the future that is as coherent and reliable as possible. But what if their anticipations do not match what they expected? It happens that the person is taken by surprise. This emotion has very particular characteristics. In fact, it has the intensity of fear in itself but does not fully correspond to it unless later, after understanding if the event can cause harm or not.

The surprise reminds us that everything can change in an instant and this can only represent the beginning of a chain of catastrophic changes or the beginning of a transformation that may not be entirely negative. This is exactly where the concept of adaptation comes back into play. Only organisms that succeed or want to adapt survive. Of course, is not only a matter of strength of the fittest, but also of knowing how to transform crises into opportunities.

My collaborators of the Franceschi Foundation and I, we found ourselves very surprised and puzzled (like everyone else) by the events related to Covid-19.

However, we felt somehow trained to think differently, thanks to the Solution Focused approach. What was crucial was to imagine not only a "*desirable future*" but also "*a present without the problem.*" This allowed us to face with a greater resilience what we have subsequently done with our psychotherapy work. The crisis can be seen as an opportunity.

Often events that change situations suddenly cause upheaval and problems but also accelerations in the change of previous situations. Psychologically, the crisis can change the way we see reality and act on it. We can radically transform our way of adapting, in a new and constructive sense. This depends on our point of view and our opinions, as Epictetus claimed thousands of years ago.

Covid-19, as Nicholas Taleb states, is not in a black swan because it was not a foreseeable event. Furthermore, it makes one think that the black swan, intended as *Cygnus Atratus*, a bird discovered for the first time by Willem de Vlamingh in 1790 in Australia, was a beautiful discovery in the naturalistic field.

Regarding this journal, it was a real pleasure for us to have contributed with a donation that we hope will be useful in spreading the Solution Focused thought. We would like this intervention model, which is effective in various fields, to take root also in our country, Italy, where unexpectedly it is not known as it deserves.

It comes to think how everything needs time and suitable conditions to develop, despite the adverse and surprising situations.

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