

Outcome Issues

Overview

- An **Outcome** is a product of a Process.
- An **Outcome** is a result, consequence, or effect.
- An **Outcome Issue** is a problem we experience with either a past outcome, or in relating to a future outcome.

We expect outcomes. Our ideas of outcomes are usually based on the amount of proof that something will stay the same or close to our original conclusion.

Our ideas, choices, actions, relationships, understandings, and skills are the building blocks of what we imagined, and virtually projected into future outcomes.

These representations either match or mismatch the content of our memories.

We tend to flood negatively when we experience a mismatch between:

- the memories about ourselves
- the LACK of what we want presently
- the idea that it may be absent from our future

Using the past as a way to connect to future outcomes creates an "expectancy loop".

I expect _____ based on the past outcomes.

We habituate expectancy loops through the recycling of ideas, choices, actions, relationships, understandings, and skills that align with our past outcomes - *our memories of them*.

Our brains and nervous systems prioritize order even when it leads to bad habits and feeling unfulfilled. We (re)create what we know.

In a world filled with uncertainties, "knowing" an outcome can inspire feelings of security, certainty, and control. And in the event we recognize an outcome as disappointing, we create or habituate coping skills.

We'll learn strategies to close out the old loops and create flexible loops aligned with what we want instead.