

# Seeing Things Differently Worksheet

DRAFT VERSION FOR FEEDBACK

## Things We Take for Granted

Often the hardest things to see are right in front of us — things we do every day, without questioning, just because *«we've always done it this way»* (Grace Hopper).

We do not see alternatives because we have never encountered them.

The following tables show default or habitual ways of doing things, with the reason why it persists, what actually matters, and how it could look instead. They were generated with ChatGPT, so expect a left-leaning bias. Taken together, they might put a question mark behind the things we take for granted and open the way to do things in a new and useful way.

Table 1 shows the engines behind this hidden architecture of modern life. An architecture we can change — if we see it and find a better way.

The main obstacle is that doing things differently — even if that way is better — usually incurs the mockery and ostracism from the mainstream. More effective or more efficient solutions are threatening to other people's egos, as they do not want to appear ridiculous for doing something without good reason, so they project it to the ones who find a better way.

In that sense, the status quo bias is the hardest obstacle here. And as Bertrand Russell said:

*«In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.»*

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## What can you see differently?

When you look at the tables, what do you notice? Where do you find similar unquestioned assumptions that determine what we do? What do you do quickly, without effort and thinking? Is that really the best way to do things?

And if you find something that might work better differently, write it down. Perhaps it serves as a trial to examine whether it leads to better results.

## Unquestioned Assumptions

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A large grid of dotted lines for writing notes.

# Seeing Things Differently Worksheet: Underlying Reasons

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Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
<b>Control over Connection</b> Nearly every «normal» pattern privileges control: over the body, space, time, and even emotion. Sitting still, dressing formally, scheduling every hour — all signal predictability. The cost is aliveness.	Control feels safer than contact.	Connection — with one’s own body, with other people, with the environment.	Designs and norms that favor responsiveness over rigidity — flexible work, breathable clothes, architecture that opens instead of seals.
<b>Appearance over Experience</b> Society rewards how things look — clean, efficient, respectable — even when it contradicts how they feel. The «civilized» toilet, the pressed shirt, the perfect lawn all sacrifice function to image.	Image management maintains hierarchy; it’s visible proof of belonging.	The felt experience of health, comfort, and authenticity.	Choose the sensory truth — what works for the body or the ecosystem — even if it looks «informal».
<b>Standardization over Individual Rhythm</b> Industrial systems needed synchronization: same hours, same desks, same meals. We still obey that machinery long after it stopped serving us.	Uniformity is easier to govern and scale.	Personal rhythm — circadian, creative, social.	Flexible hours, adaptive schooling, work and rest tuned to energy instead of the clock.
<b>Shame as Social Glue</b> From underwear to small talk, much of etiquette is about avoiding shame — not about truth or need. Politeness, modesty, busyness all signal compliance.	Shame enforces norms without overt coercion.	Dignity without repression; honesty without exhibitionism.	Cultures where directness is safe and vulnerability doesn’t invite ridicule.
<b>Abstraction over Embodiment</b> We inhabit mental models more than the physical world: work measured in data, relationships through screens, landscapes reduced to property lines.	Abstraction scales; bodies are messy.	Returning to sensory life — touch, breath, presence.	More manual craft, outdoor learning, in-person community.
<b>Consumption as Identity</b> Buying replaced being. Clothes, devices, even travel are used to display value instead of create it.	Economies depend on churn; insecurity drives spending.	Creation, repair, stewardship.	Producing more than consuming; cultivating taste rather than trend-chasing.
<b>Comfort as Sedation</b> Comfort became the moral goal — painless bodies, climate-controlled rooms, predictable routines. But permanent comfort dulls growth.	Fear of uncertainty and fatigue.	Alternating stress and recovery; growth through manageable challenge.	Deliberate exposure — cold water, physical work, honest conversation, risk with purpose.
<b>Disconnection from Cycles</b> Natural rhythms — day/night, season, hunger, aging — got flattened by technology and denial. Everything is expected to be on-demand and ageless.	Capitalism and ego both fear limits.	Rise, rest, decay, renew.	Live seasonally, honor endings, plan for sabbaticals instead of pretending continuity.
<b>Fear of Inconvenience</b> Speed and frictionless design rule everything from food packaging to conversation. But convenience breeds dependency.	Friction feels like inefficiency.	Agency — knowing how to do, fix, and endure.	Manual competence valued again; patience seen as power.
<b>Separation as the Default</b> Every design — walls, screens, cubicles, categories — divides what once was continuous: mind from body, work from life, human from nature.	Separation is administratively clean.	Reintegration — the ability to move freely among domains.	Spaces and systems that blur boundaries instead of policing them.

Table 1: Underlying Reasons

# Seeing Things Differently Worksheet: Human Body

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Sitting in 90-degree chairs	Chairs signal civilization and hierarchy; they entered homes from courts and churches as a marker of status.	The spine's natural curves and blood flow need dynamic movement, not static right angles.	Low, variable seating; floor cushions; standing desks; postures that shift through the day.
Tight, structured clothing	« <i>Discipline of the body</i> » – control looks respectable; loose clothing reads as lazy or sensual.	Comfort, breath, freedom of movement.	Adjustable, breathable fabrics; socially acceptable looseness; clothes serving physiology, not optics.
Suppressing sweat and smell	Industrial cleanliness equated hygiene with moral virtue; deodorant became social armor.	Real hygiene = microbiome balance, not sterile scentlessness.	Mild soaps, airing out, acceptance of human scent within reason.
Daily detergent showers	Soap companies taught that « <i>clean</i> » means stripped of oils; marketing replaced moderation.	Skin's acid mantle and microbiota protect it; overwashing damages both.	Wash pits/groin/feet daily; rinse elsewhere; full wash as needed.
Hair removal as norm	Youth and control aesthetics; marketing framed natural hair as shameful.	Hygiene and comfort, not conformity.	Choose by feel and context; neutrality toward visible hair.
Eating by the clock	Factory work required synchronized breaks; family life copied it.	Energy needs fluctuate; hunger is the honest cue.	Flexible eating guided by appetite and rhythm, not schedule.
Ignoring movement urges	Sitting still signals obedience and « <i>focus</i> .»	The body regulates mood and cognition through motion.	Integrate fidgeting, stretching, walking into work and study.
Medicalized childbirth	Control, liability, and male-dominated medicine displaced midwives.	Safety and agency; physiology isn't pathology.	Midwife-led or hybrid models; movement and autonomy during labor.
Pathologizing aging	Youth sells; decline imagery drives cosmetics and medicine markets.	Function, adaptability, and meaning, not appearance.	Design life stages for contribution and mentorship, not denial.
Stoic restraint of emotion	Cultural ideal of rational mastery; emotions seen as weakness.	Emotions regulate physiology and signal needs.	Safe expression through breath, voice, movement; normalize visible feeling.

Table 2: Human Body

# Seeing Things Differently Worksheet: Time and Work

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Five-day workweek, two-day weekend	Industrial compromise between productivity and labor rights; became the unquestioned rhythm.	Human energy cycles aren't seven-day constructs; recovery and engagement vary individually.	Flexible or shorter workweeks, output-based schedules, periodic sabbaticals instead of burnout-recovery loops.
Eight-hour workday	19th-century factory standard meant to curb exploitation but now treated as efficiency ideal.	Cognitive work peaks for only a few hours; attention and rest must alternate.	4–6 focused hours plus autonomy to interleave rest, movement, or creative downtime.
Equating presence with productivity	Visibility once proved effort; managers fear loss of control without it.	Value comes from results, not surveillance.	Trust-based cultures, asynchronous workflows, public results instead of seat time.
Rigid start and stop times	Coordinated machinery and transport systems needed synchrony.	The brain's alertness follows chronotype and task type.	Staggered or personalized hours; morning for deep work, afternoon for collaboration.
Separating «work» and «life»	Industrial capitalism carved private life as recovery from labor.	Integration of purpose and rest — the same organism does both.	Design work that nourishes learning, community, and autonomy instead of draining them.
Indoor, seated labor	Factories, then offices, centralized control and tools; still the default image of «real work».	Movement, daylight, and variety keep energy stable and cognition sharp.	Outdoor or mobile workspaces, walking meetings, adjustable setups.
Commuting daily to a fixed office	Symbol of seriousness and community; real estate inertia and managerial control.	Collaboration and belonging matter, not geography.	Hybrid models, co-working hubs near homes, fewer mandatory commutes.
Measuring output by hours	Simple metric for contracts and wages; administratively convenient.	True value lies in quality, insight, or effect.	Project-based metrics, outcome tracking, peer evaluation.
Glorifying busyness	Busyness signals importance; idleness evokes guilt.	Sustained creativity requires recovery and slack.	Normalize visible rest, reading, and reflection as part of work.
Single retirement cliff	Pensions assumed linear careers; old age framed as withdrawal.	Purpose and contribution remain vital across lifespan.	Gradual reduction, mentoring roles, portfolio life mixing paid and voluntary work.

Table 3: Time and Work

# Seeing Things Differently Worksheet: Education and Learning

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Age-segregated classrooms	Industrial schooling mimicked factories — cohorts by production year are easy to manage.	Learning thrives in mixed ages where modeling and mentoring occur naturally.	Multi-age groups, project teams, peer teaching environments.
Everyone learning at the same pace	Standardization simplifies testing and scheduling.	Curiosity and mastery unfold at different speeds.	Modular progression where students move on when ready, not when the calendar dictates.
Grades as proof of learning	Bureaucracies need quantifiable sorting; numbers feel objective.	Understanding, application, and critical thought matter, not scores.	Narrative feedback, portfolios, or demonstrated competence replacing letters and ranks.
Passive listening while one person talks	Originated from church sermons and military drills; efficient for control.	Engagement, questioning, and doing anchor retention.	Discussion-based, hands-on, or flipped models where learners drive exploration.
Memorization as intelligence	Easier to measure than insight; prestige of rote mastery.	Knowing how to think, not what to recite.	Use memory as foundation for synthesis and creativity, not as endpoint.
Learning indoors, cut off from physical world	Buildings allow supervision, standard tools, and safety; outdoor learning seen as distraction.	Sensory experience anchors knowledge.	Outdoor classrooms, field projects, tactile materials, integration with real environments.
Treating mistakes as failure	Industrial mindset: defects = inefficiency.	Error is feedback; learning = adaptation.	Celebrate revision cycles, teach reflection as part of mastery.
Standardized tests as gatekeepers	Easy to administer and compare; institutional inertia.	Aptitude is multifaceted; tests reveal only compliance and memory.	Broader assessment — projects, interviews, creative synthesis.
Fragmented subjects	Disciplinary silos reflect university structure, not how the world works.	Real-world problems are systems-based.	Interdisciplinary curricula, problem-centered learning.
Ignoring biological rhythms (e.g., teenage sleep)	School hours mirror adult work schedules, not student physiology.	Learning peaks when rested; teens' clocks shift later.	Later start times, flexible attendance, asynchronous study options.

Table 4: Education and Learning

# Seeing Things Differently Worksheet: Architecture and Space

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Homes divided into rigid, single-purpose rooms	Industrial housing mirrored factory specialization; order felt efficient.	Humans need adaptable spaces that change with mood, season, or activity.	Movable partitions, modular furniture, open multi-use areas.
Beds as single flat rectangles	Mass production standardized one geometry; easier to manufacture and market.	Rest requires variable positions for reading, intimacy, and recovery.	Adjustable or sectional sleeping surfaces; daybeds and mats that shift function.
Windows that don't open	Energy codes and HVAC systems prioritize control and uniformity.	Airflow, temperature variation, and fresh scent support health and mood.	Operable windows, passive ventilation, biophilic design.
Sharp indoor-outdoor separation	Private property mentality and climate control created sealed boxes.	Connection to weather, light, and sound regulates circadian rhythm and emotion.	Transitional zones — verandas, courtyards, large sliding openings.
Cities built around cars	20th-century planning equated mobility with prosperity.	Human scale and walkability foster community, health, and local economy.	Pedestrian cores, bike networks, transit-first design.
Elevators replacing stairs for short distances	Convenience and accessibility became universal default.	Low-intensity daily movement sustains metabolism.	Visible, pleasant stairways as design centerpiece; elevators for need, not habit.
Offices designed for control, not comfort	Layouts inherited from bureaucratic hierarchies.	Concentration, collaboration, and privacy need distinct zones.	Acoustic variety, natural light, flexible seating, small «quiet pods».
Lighting optimized for brightness only	Electricity made daylight irrelevant; brightness signaled productivity.	Circadian alignment and visual warmth affect mood and alertness.	Tunable light spectra; bright cool light in morning, warm dim light after dusk.
Lawns as default yard	Suburban status symbol of order and property; monoculture aesthetics.	Ecological health, biodiversity, and soil life.	Native plant gardens, edible landscaping, low-mow meadows.
Public spaces designed for surveillance	Fear and control dominate planning; open visibility seems safer.	True safety comes from presence, engagement, and beauty.	Design for gathering — benches facing each other, shaded communal areas, art and play integrated.

Table 5: Architecture and Space

# Seeing Things Differently Worksheet: Social and Emotional Life

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
<b>Smiling as social obligation</b>	Service culture and politeness codes equate friendliness with safety; women especially trained to perform it.	Authentic affect, not forced pleasantness, builds trust.	Let neutral or serious expressions exist without apology; smile when it's real.
<b>Small talk as mandatory script</b>	Serves as ritual to signal harmlessness; prevents depth in casual contact.	Genuine curiosity and presence create connection faster than rehearsed chatter.	Skip filler or pivot naturally to substance; silence can coexist with warmth.
<b>Pathologizing solitude</b>	Modern identity built on visibility and social proof; being alone reads as failure.	Solitude allows integration, creativity, and emotional regulation.	Normalize solo meals, walks, and travel; treat aloneness as skill.
<b>Hiding tears or anger in public</b>	Emotional control equated with maturity and professionalism.	Visible emotion humanizes and prevents internalized stress.	Allow emotion to surface respectfully; teach repair after conflict rather than suppression.
<b>Automatic «I'm fine»</b>	Social lubricant to avoid vulnerability; efficiency of shallow exchange.	Real states matter for empathy and mental health.	Use honest but concise truth: « <i>Tough day, thanks for asking.</i> »
<b>Busyness as importance</b>	Productivity as moral worth; stillness mistaken for idleness.	Value lies in intention and outcome, not motion.	Schedule slack time; display unhurriedness as strength, not weakness.
<b>Friendship treated as optional luxury</b>	Economic individualism prizes self-sufficiency.	Social bonds regulate physiology and lengthen lifespan.	Prioritize friendship like health: regular maintenance, not accident.
<b>Therapy stigmatized as fixing brokenness</b>	Cultures fear introspection and label emotional work as weakness.	Everyone needs mental hygiene and reflection.	Normalize coaching, counseling, or peer dialogue as ongoing upkeep.
<b>Blood family assumed primary</b>	Tradition and inheritance link identity to lineage.	Emotional safety and mutual respect define real kinship.	Encourage chosen families, friend collectives, and intergenerational bonds.
<b>Death and grief hidden away</b>	Denial of mortality sustains consumption and emotional control.	Grief integrates love and impermanence; public mourning heals.	Visible rituals, community remembrance, open conversation about death.

Table 6: Social and Emotional Life

# Seeing Things Differently Worksheet: Technology and Media

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Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Notifications on by default	Platforms are built for engagement, not peace; constant pings mean ad revenue.	Attention is a finite resource; interruptions fragment cognition.	Turn off all nonessential alerts; check messages in deliberate batches.
Digital presence as proof of existence	Visibility equals relevance in social metrics; fear of disappearing.	Real connection and contribution, not constant signaling, define worth.	Curate small circles, use digital minimalism, reenter offline life deliberately.
Phones designed for reachability 24/7	Economic incentive to blur work–life boundary; dopamine economy.	Agency over when and how to engage.	«Do Not Disturb» by default, separate devices or modes for rest and leisure.
Algorithmic feeds replacing chronology	Algorithms maximize watch time and ads; remove user control.	Context and intentional choice shape understanding.	Use manual following, RSS, or chronological modes; seek intentional discovery.
Mistaking information for knowledge	Easy access creates illusion of mastery.	Integration, context, and reflection turn data into wisdom.	Read deeply, summarize, teach back what you consume.
Virality equated with value	Social proof replaces discernment; popularity feels like legitimacy.	Quality, insight, and resonance matter more than reach.	Follow people, not metrics; share for meaning, not numbers.
Filling silence with content	Fear of boredom; silence exposes anxiety and self-talk.	Empty space is where creativity and emotional digestion happen.	Reclaim quiet moments — drives, walks, meals — without media.
Outsourcing memory to devices	Convenience erases recall; dependence breeds cognitive laziness.	Memory shapes identity and insight; retrieval strengthens thinking.	Use external storage selectively; rehearse, summarize, or journal key ideas.
Accepting planned obsolescence	Corporate profit cycle; novelty marketed as progress.	Sustainability and functionality, not newness, matter.	Repair culture, modular hardware, open-source software longevity.
Trading privacy for convenience	«Free» services monetize data; users underestimate cost.	Autonomy and security over personal data.	Pay for ethical tech, use privacy tools, value friction as protection.

Table 7: Technology and Media

# Seeing Things Differently Worksheet: Economy and Consumption

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Working to buy time-saving devices that create more work	Productivity culture sells convenience as freedom; new tools bring new chores.	Time reclaimed should serve rest or meaning, not more production.	Buy less, maintain better, design days around purpose not efficiency.
Food shipped thousands of kilometers	Global trade and year-round demand replaced local seasonality.	Nutrition, freshness, and ecological footprint.	Eat seasonal, regional produce; treat imported luxuries as exceptions.
Year-round fruit and veg	Supermarket abundance signals progress and choice.	Our biology evolved with seasonal nutrient cycles.	Relearn seasonal eating; preserve and ferment to bridge gaps.
Disposable packaging and single-use goods	Convenience economics and hygiene theater.	Waste reduction and resource cycles sustain the planet.	Reuse systems, bulk buying, refill stations, compostable materials.
Brand loyalty as identity	Marketing sells belonging through logos.	Identity should grow from values and relationships.	Buy for utility and ethics; remove logos; repair and customize.
Fashion cycles as moral duty	Industry thrives on obsolescence and social comparison.	Expression and function, not trend compliance.	Timeless design, personal style, visible mending, slow fashion.
Debt as inevitability	Consumer credit normalized to drive spending and GDP.	Financial resilience and freedom.	Save first, borrow only for assets, teach financial literacy early.
Growth as unquestioned good	GDP fetish replaces wellbeing; politicians fear stagnation.	Ecological balance and human flourishing.	Measure success with wellbeing, sustainability, and equity indices.
Price mistaken for worth	Market ideology equates cost with quality and status.	True value = durability, ethics, satisfaction.	Pay fair prices for good work, not inflated prices for image.
Ignoring invisible labor and waste	Out-of-sight supply chains hide exploitation and pollution.	Accountability from source to disposal.	Transparent supply chains, local crafts, and circular production.

Table 8: Economy and Consumption

# Seeing Things Differently Worksheet: Morality and Identity

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Life as linear progress	Industrial and religious narratives prize advancement and redemption arcs.	Growth is cyclical – creation, decay, renewal.	See life as seasons: times to build, rest, reinvent.
Success as solitary achievement	Hero myths and capitalist competition glorify the individual.	All achievement rests on networks of help, teaching, and luck.	Celebrate collaboration; credit the invisible scaffolding of others.
Kindness equated with avoiding conflict	Social harmony prized over truth; politeness mistaken for virtue.	Integrity sometimes demands discomfort.	Practice compassionate honesty – soft voice, hard truth.
Adulthood as seriousness	Work culture and aging anxiety define play as immaturity.	Play keeps creativity, flexibility, and learning alive.	Integrate humor, curiosity, experimentation into adult life.
Rationality over intuition	Enlightenment legacy: emotions seen as unreliable.	Emotions carry rapid, embodied intelligence.	Use both – data for analysis, intuition for direction.
Emotions as private burden	Stoic and masculine norms discourage visibility.	Sharing emotion builds trust and community regulation.	Normalize emotional literacy and public tenderness.
Morality as obedience	Religious and bureaucratic systems reward compliance.	Ethics comes from empathy and consequence awareness.	Teach moral reasoning, not rule-following.
Rest framed as laziness	Productivity culture moralizes activity.	Rest restores judgment, creativity, and sanity.	Treat rest as discipline; design schedules around recovery.
Comfort as supreme goal	Consumer society equates comfort with happiness.	Growth requires friction; discomfort signals learning.	Seek balance – comfort for recovery, discomfort for evolution.
Fixed self-identity	Predictability feels safe; institutions rely on stable categories.	Humans are adaptive and multifaceted.	Allow self-concept to evolve; treat identity as verb, not noun.

Table 9: Morality and Identity

# Seeing Things Differently Worksheet: Clothes

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
<b>Wearing clothes constantly</b>	Cultural modesty, fear of vulnerability, and status signaling.	Temperature regulation, comfort, and social context — not perpetual covering.	Normalize partial or full nudity at home or in safe communal settings; dress by need, not reflex.
<b>Appearance over comfort/function</b>	Social hierarchy: looking « <i>put together</i> » signals competence.	Mobility, breathability, and genuine self-expression.	Fabrics and cuts guided by climate and movement; aesthetics growing from practicality.
<b>Tight waistbands, bras, restrictive cuts</b>	Control and « <i>slimness</i> » symbolize discipline.	Circulation, digestion, and full breath need space.	Elastic or adjustable garments; relaxed tailoring seen as elegance, not sloppiness.
<b>Shoes reshaping feet</b>	Footwear became fashion, not protection; heels and narrow toes feminize pain.	Natural gait and foot strength.	Minimal or flat shoes; barefoot time daily; redesign footwear around anatomy.
<b>High heels as status symbol</b>	Height, posture, and sexual signaling; derived from court fashion.	Stability and joint health matter more than visual length.	Functional elegance — low heels, balance, confident stance from comfort.
<b>Synthetic fabrics that don't breathe</b>	Cheap to produce, easy to launder, marketed as modern.	Skin needs air exchange and moisture regulation.	Natural or blended fibers; clothes designed for repair and longevity.
<b>No pockets in women's clothing</b>	Historical design to enforce dependence and preserve silhouette.	Utility and autonomy.	Universal inclusion of practical storage; design for parity.
<b>Suits and ties as professionalism</b>	Origin in military and aristocratic uniforms; respectability through conformity.	Competence, hygiene, and respect don't require discomfort.	Redefine « <i>formal</i> » as neat, comfortable, context-appropriate attire.
<b>Underwear as compulsory</b>	Hygiene myths and sexual modesty norms.	Cleanliness and comfort; some garments render it redundant.	Optional based on clothing type and activity; breathable fabrics if worn.
<b>Washing everything after one wear</b>	Marketing of « <i>freshness</i> » and fear of odor.	True cleanliness = absence of dirt, not detergent smell.	Wash underwear/socks each wear; air out outer layers; launder by need.
<b>Fashion cycles as social duty</b>	Industry profit through planned obsolescence and peer pressure.	Expression, function, and environmental impact.	Personal style, slow fashion, repair and reuse culture.
<b>Logos as identity</b>	Branding replaces individuality with affiliation.	Self-definition through values and behavior.	Unbranded clothing; customization through craft and symbolism.
<b>Treating visible wear as shameful</b>	Newness equated with status and hygiene.	Longevity shows care and sustainability.	Visible mending, patina as aesthetic of authenticity.
<b>Nudity seen as inherently sexual</b>	Clothing moralized; exposure associated only with eroticism or shame.	Body neutrality — being uncovered doesn't mean performing.	Situational nudity normalized in private, communal, and health contexts.

Table 10: Clothes

# Seeing Things Differently Worksheet

DRAFT VERSION FOR FEEDBACK

Default / Habit	Why it Persists	What Actually Matters	How it Could Look Instead
Seeing «nature» as separate from humans	Western dualism (culture vs. wilderness) framed control as progress.	Humans are an ecological process, not its exception.	Design and live as part of ecosystems – regenerative farming, green cities.
Manicured parks instead of wildness	Order feels safe; control looks civilized.	Biodiversity and resilience thrive in messy systems.	Urban rewilding, edible landscapes, tolerance for natural disorder.
Constant climate control indoors	Comfort culture and cheap energy normalized uniform temperature.	Body benefits from adaptation and mild thermal stress.	Wider comfort bands, passive cooling, natural ventilation.
Flooding interiors with artificial light	Electricity equated with prosperity; bright spaces feel productive.	Circadian rhythm and darkness cycles govern hormones and sleep.	Layered lighting – daylight first, warm dim light after sunset.
Reflexive insect killing	Fear and disgust learned from hygiene culture.	Insects underpin ecosystems and pollination.	Coexistence: trap, relocate, use screens and natural deterrents.
Weather treated as inconvenience	Urban life insulates from natural variability.	Exposure builds resilience and sensory awareness.	Dress and plan for weather rather than fighting it; accept flux.
Assuming infinite resources	Economic growth dogma hides ecological cost.	Planetary limits define sustainable human flourishing.	Circular economy, local production, degrowth ethics.
Valuing scenery over ecology	Nature seen as backdrop for human enjoyment.	Health of soil, water, and species outweighs visual prettiness.	Ecological stewardship as beauty – thriving systems, not trimmed views.
Noise and scent sterilization	Modern design prioritizes silence and «neutral» air.	Natural soundscapes and smells regulate mood and orientation.	Open windows, natural materials, sensory variety.
Treating wilderness as recreation venue	Tourism commodifies nature as experience.	Reciprocity – taking care of the places that host us.	Conservation funding, leave-no-trace ethics, local stewardship.

Table 11: Nature and Environment