

Adaptive Thinking

5 Key Principles

1. Pause to Notice the Pattern

Before reacting, take a micro-moment to observe what's happening; in you, around you, and between people.

- What's the actual trigger
- What's familiar about this
- What assumptions are in place

This is the doorway to choice.

2. Name the Gap, Not the Failure

Shift from “I’m not good at this” to “Here’s the gap I’m working with.”

- Gaps are neutral
- Gaps are specific
- Gaps invite action

This reframes challenge as data, not identity.

3. Generate Two Possible Moves

Adaptive thinkers don't hunt endlessly for the perfect answer, they create options.

- One safe move
- One stretch move

This keeps you flexible rather than fused to a single path.

4. Run a Small, Low-Risk Experiment

Pick the smallest action that tests your hypothesis.

- A question you ask
- A behaviour you tweak
- A boundary you try
- A conversation you initiate

Learning happens through micro-experiments, not grand plans.

5. Reflect on What the System Told You

After the experiment, ask:

- What worked & what didn't
- What surprised me
- What this reveals about the environment, not just me

Adaptive thinking is less about self-judgment and more about reading the system you're in.

BRAVE

Directing Change



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