From Jem Bendell, <u>Deep Adaptation</u> (<u>https://lifeworth.com/deepadaptation.pdf</u>) <u>https://jembendell.com/2019/05/15/deep-adaptation-versions/</u>

On the presumption that massive sea changes in societies, economies and ecologies are happening everywhere, let's ask ourselves as people and communities:

RETAIN: What valued norms and behaviours do we want to retain?

RELINQUISH: What assets, behaviours and beliefs do we want to let go, where retaining them could make matters worse?

RESTORE: What attitudes and approaches to life and organisation that our hydrocarbon-fuelled civilisation eroded do we want to restore?