



COVID-19 Online LISTENING POST

Part 1: THE SHARING OF PREOCCUPATIONS & EXPERIENCES, PART 2: IDENTIFICATION OF MAJOR THEMES, PART 3: ANALYSIS & HYPOTHESIS FORMATION

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THE pain spreads through family networks without a mask

14 participants

Phrases emerged in the Listening Post

- **I am disappointed because the first thing I heard was that it was a flu.**
- Overnight in Peru 4000 dead. Four nearby people passed away.
- **I feel that I have been cheated.**
- They said it was not so serious and we are burying people.
- **I have survivor syndrome.**
- I want to isolate myself, I don't want "the lottery of death" on me.
- Society is collapsed. We do not see the light at the end of the tunnel.
- We pray that nothing worse, happens to parents.
- In England **FEAR** of death. You cannot see, think, live. I am quite old.
- Last year it was very difficult for me, my daughter had a cancer.
- I thought: It only touched you ...
- **Now the sick are in the majority, we are all VULNERABLE.**
- What is life; this represents a part and connects us with **SADNESS.**
- My daughters go to an international school, and since January 6 the Asians were wearing masks, my daughters did not go to school and my husband who is very far-sighted made a large food purchase.
- We have created so much technology, but there is **no collective intelligence.**
- **I am concerned about the growing "social inequality".**
- Human beings have not developed human strength. I'm pissed off.
- I share the **ANGER**, the European children should be more generous, deep down we can all die. It is a more fragile world, but it is also an opportunity.
- Political power, expert power. There may be a revaluation of science.

(Here the group turns from turn from the deadly depressive tone to hope on science and the illusion of what is being discovered from the confinement).

- We are facing a collective fraud. Nature has taken it all, silence, empty cities.
- It is a moment of discoveries; I discover things in my house and within myself.
- We live things in a different way. We cannot go to a funeral that generates a lot of **SUFFERING**. (It turns to pain and loss).

- Masks, invisible enemies, I have gone to the cave, be informed, this will make us change ...
- Information it is horrible to understand. Disinformation, survival, worse version.
- **I have discovered the kitchen, I have found the "life within me", such a satisfying experience.**
- I have felt very useful being in transversal teams, sharing knowledge, enormous connection, very connected. (Importance connection versus isolation)
- Kids who choose to be doctors can live with much less.
- **APPLAUSE TO THE GIVER, THIS CAME TO TEACH US SOMETHING.** FEAR what will happen to the children ...
- I am **DISAPPOINTED**, Spain is polarized. Poor honest politicians, who is behind all this ... **I FEEL IMPOTENCE**, there is a binary thought, there are gaps in the system, I share reflection.
- I do not think it is a disciplined country, I am very proud, there are various levels of analysis.
- **DENIAL, WRATH, NEGOTIATION. ERTES, STOP.**
- Rage must be distinguished, whether it is in relation to politicians or powerlessness in the face of the invisible enemy. We have absolutely no idea what to do.
- I have lived all kinds of emotions; I need distance to be able to process them. I was disconnected from reality, **VULNERABILITY, SADNESS, PAIN.**
- There are unworthy deaths. Rage, social layers. Much uncertainty. I feel existential fear. I am very concerned about risk groups. We have adopted other lifestyles, it is the pleasure of self-absorption, there is a new forced sociability, **zooming, intense digitization that goes further.**
- We are facing a point of no return, "we have to integrate that", we have someone who is desperate or who sees a new opportunity. One speaks and develops critical thinking. I feel Stockholm syndrome. Holland, Portugal, "the culprit is you".

SMALL GROUP 1

Focus on feelings:

Was summarized by the phrase that the pain spreads through family networks without a mask. This includes feelings of fear, impotence, fear of death, vulnerability, rejection for being fooled by mass media. Lack of information increases tension. Dehumanization. Rejection towards way elderly were and are treated.

Main subjects.

- Lack of collective intelligence.
- Critics on mass media how they handle pandemic.
- Fear of future.
- Death without dignity. Loneliness.
- Hope in scientific advances and more be more valued.

I have two visions of what I have lived, I am afraid of my people, connecting from introspection, I think I can add value. I miss what I can contribute. There is a lack of vision, of "collective intelligence".

I have the feeling of speaking with a ground wire, like coming out of a bubble, I love to talk and share, it is a privileged group of reflection.

The ANGUISH of television consumers has to be used.

I have RAGE accumulated. I am anxious to know what happens with children, with our economy, I feel a lot of **TENSION, DEHUMANIZATION.**

You have to be armored, to say goodbye, little dignity, respect for the elderly, I need a space a little calmer. I am changing perception.

You have to die in peace in contact with your relatives. Denying it would be drama with parting. We need pillars of humanization.

THE pain spreads through family networks without a mask. Disinfection or contagion.

DEBATED HYPOTHESIS.(macro and micro level of analysis).

1. The acceleration of digitization has a double effect, on the one hand, dehumanization, distance between individuals, and on the other, greater humanization as the contact that it allows between people now.
2. Derived from the pandemic we observe we observe a greater prestige of science.
3. Because of the pandemic, being healthy could be a competitive advantage.
4. Regarding the economy, there may be a reconstruction based on greater imagination, as in Israel. It is an opportunity for collective intelligence.
5. Revulsive return to normal, a shock across the planet. It can be a great opportunity or total disaster. Big financial problems.
6. In new normal will there be a different perception of the elderly population is redefined. Self-perception or underestimation of risk.

SMALL GROUP 2

Focus on feelings:

Anger, disconnection, vulnerability, grief, sadness, acceptance, ambivalence, uncertainty, on the opposite side personal enjoyment of confinement time.

Someone felt anger towards those who have lived it with tranquility and pleasure in the confined state.

Defense of choosing the lifestyle and the state of mind in such a situation, not everything is negative and I prefer to look at the positive. Many shared this position.

The space was very polite, little time for more than one intervention, very long interventions by each of the participants, which led to almost a single participation in that space.

Very divided between opinions between more personal experiences and positive experiences and of much anger and concern on the other hand.

The group moved between a good working group and moments of oneness.

Main subjects:

- Much frustration at the events.
- People spoke of collective responsibility, more than politics.
- A general state of disappointment in political actions.
- Doubts that something will change.
- Another topic that came up many times is that of high connection with the topic and many people with disconnection about the situation.
- Concern for the socio-economic reality.
- Below-surface anxieties:
- The anxiety that underlies all speech seems to be death anxiety,

DEBATED HYPOTHESIS

- There are serious doubts that a change in the general behavior of people may arise, despite the fact that we see many indicators of change, especially in young people who can influence their parents, regarding the great challenges we have to face.
- To generate climate change in the coming years and other types of pandemics, there is a feeling that there is still a denial of the harsh future, which leads to taking refuge in beliefs of personal change rather than great collective social changes.

PLENARY

Concern about the world economic situation. Fear Frustration, disappointment that is going to be done with the change.

Fear of upcoming catastrophes. Refuge and spiritualism. Everything will change, we will have to live with the virus.

It will be necessary to calm the brain; it does not help to take pills, but to know yourself better. Fear of intrusion or more control.

FEELING THE STRENGTH OF VULNERABILITY, you can bring out the best version of yourself. The one who gives is applauded, you have to leave the EGO, and concentrate on the system. We have to unite in a collaborative economy.

When you stop worrying about yourself, YOU CAN TAKE HOLD with determination and courage. It is a positive way to get out of stress management, I advance and I contribute.

Macro level, you need leaders who contain. Due to climate change, it is the first time that we are CONFRONTED WITH SUCH A situation. We have to trust the community. Fear of the social stigmas of inequality. Communicate what has happened and is happening. The greater the social assistance, the greater the feeling of helplessness in the face of the pandemic and the greater desire to give. Little reference to the health staff, except the applauses.

LOOK IN THE MIRROR OR LOOK OUT THE WINDOW THAT IS THE QUESTION.