

Mask symptoms



The dynamics of the current context pushes the human systems to make decisions. These decisions are related to restructure their patterns of life to maintain its ability to respond to these new conditions. These decisions are organized from a purpose, which in the case of human systems, that purpose is symbolic. The purpose of life is a framework for the actions that makes sense and gives coherence to the decisions and choices. Without a purpose the decisions in human systems become random (compulsive) or stereotypes (reactive). In both cases, efficiency is relative and it may not generate responses that a system needs to maintain its interaction with the environment. This gap between environmental demands and the ability to

adapt and respond generates symptoms in a human system. In a system that has lost its ability to make decisions, the symptom decides for the system.

In general terms, the masks have the function to hide some features while others becoming visible. Thus, masks are functional elements for interaction. The game of hide and show is only feasible in a wider context of significance. Without context, masks are worthless. The symptoms show some aspects of a system. That is the visible aspect of the symptom. But, what hides the system through the symptoms? Symptoms show the mediocrity of the system. What is meant by mediocrity? the naturalization of the "midpoint".

We can understand the midpoint as "dysfunctional equilibrium" or "functional mediocrity." The symptoms appear because every living system without structural change at some time collapses. In the case of human systems (from individuals, to families, groups, organizations and societies) they are complex cultural systems with a deep level of interaction and symbolic development. Symptoms are signs that express the mediocrity of the system, show the vulnerability of an automatic way of life which creates difficulties in the interaction. Therefore, the particular symptom is not the concern, the key factor is the structure that has created and holds this self-destructive dynamic.

From the biological perspective, the development of automatic processes is a natural factor to optimize resources. The more automation, less level of resources involved. Therefore faster and more efficient is the level of response. This works as long as the features of the environment are stable and predictable. But if the environment is transformed into turbulence, the "automatic mode" becomes a suicide risk to the system because it starts generating dysfunctional responses to the contextual conditions.

The symptom shows that the system "can't" take a leap of transformation. A symptom shows what a system can't do, not dare to do, or don't want to do. They are different versions of impossibility. The "automatic mode of life" is a sign of fear of a system. This means that "there is a threshold that the system can't cross." The symptom is as a mask, while hides features,

shows difficulties. When a system is purposeless, its “guide of life” (because it has been lost or abandoned), the symptom recovered "reasons for existence," is a guide to interaction ordering behavior and everyday actions.

Therefore, the function of the symptoms, the function of dysfunctions is to maintain the permanence of the system without structural modifications. This is the paradox of the symptom, on the one hand makes life more painful (dysfunction), but otherwise allows the benefit of inertia (the survivor function). This postulate is a key point in addressing the dysfunctions because "attack" the symptom press the system's vulnerability. So attacking the symptom reinforces the dysfunction and increases the level of vulnerability. Therefore, the system closes much more to the possibilities of transformation.

The magnitude of a symptom depends on the magnitude of its function. This means that the magnitude of the dysfunction depends on the magnitude of the function, which requires support in this structure. The risk of this dysfunctional operation in human systems is that if there is no transformation, the symptom engulfs the structure. That is, the dysfunction engulfs the function. This is the paradox of suffering and possibility, between destruction and creation. There are both faces of the same mask. Symptoms sustain our structure to show the difficulties of our structure. If you don't see this situation or don't take certain changes, the entire structure collapsing ends.

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