## An overview of the main tenflictions we have encountered so far:

"I want to practice my personal autonomy and live a life that feels authentic and fulfilling to me." | "I feel it's important to embrace communal interdependence and focus on what's good for the whole."

"I feel like I've got something to give and teach to others and the community." | "I feel like I need to listen to and be taken care of by the community I'm part of."

"I have the desire to travel, connect with loved ones and make cultural experiences." | "I feel the need to live locally and reduce my personal impact on the environment."

"I feel the need to exercise control and set clear boundaries to effectively work with the complex challenges I am facing." | "I perceive a need for flexibility and adaptability in response to changing circumstances."

"I feel this strong need to make effective decisions and make big steps forward rooted in expertise." | "I have a desire for inclusiveness, compassion, and equal representation in complex decisions."

"I feel like growth and productivity enhancement within the sustainable food sector will be crucial to provide sufficient resources to the growing world population." | "I perceive a need to radically slow down production processes for sustainable practices to flourish and for the preservation of natural resources."

"I feel like the challenges we are facing require opening up to modes of working/learning that invite creativity, holism, emotions, imagination, and hope." | "I feel a need for practicality and tangible results that entail a rational understanding of specific circumstances and practical limitations."

"I feel this strong urgency to act, speak up, and make a tangible difference." | "I feel it's crucial to slow down, reflect deeply on what's going on, and change from within."

"I feel like we have to challenge and disrupt the existing systems and strive for radical renewal." | "I see the importance of tradition and preservation and think change is more easily implementable within existing systems."

"I experience nature as something fundamentally different and external from myself." | "I experience myself and humanity as an intimate part of nature."

"I feel it's important to actively protect and help vulnerable nature." | "I feel like it's important to step back and provide space for nature to determine its own course."

"I see technology as a big cause of the ecological crisis and as something to move away from." | "I see big potential for technology to help us solve the ecological crisis."

"I feel it's important to live in the moment and focus on the sustainable living I/we can experience today." | "I consider it urgent to dedicate my life to bringing about better futures for generations to come."

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