

# Laws of OUR Nature

Human beings are extremely diverse and yet they have some basic truths that impact them all and cause them to behave in certain ways. These behaviours might be very diverse although they are caused by a similar origin or law. While working with a diverse group of people, our team at capacity trust managed to identify some basic laws that impact each individual to some extent.

## Law of Search



The Law of Search states that whatever we search for is pulled to the centre of our focus and we therefore become more aware of it. When we are prompted to focus on something we unintentionally start searching for that. In this way, medical students are prone to diagnose themselves with illnesses that they are studying. The law of search is also the reason why, when we decide to purchase a specific brand of car we suddenly see it all around.

The law of search is also found in relationships being successful or destructive. Often the difference between the two is that in the one the individuals are searching for what is wrong and the other they are searching for what is right.

## Law of Self



The law of Self states that we will always tend to think of ourselves first. Some individuals are prone to taking these thoughts away from themselves quickly and are therefore happier. Others take a long time to take their thoughts away from themselves and therefore become unhappier by the day. Irrespective of the speed (fast, mid speed or slow), the thoughts go there first.

## Law of Slip



The law of slip states that your thoughts will slip towards the worst thought first. Just as with the self we take our thoughts to a better place at varying speeds and this causes us to be overly bubbly or draining when we tend to one of the extremes. Be it as it may, we all originate our thoughts at the same place.

## Wild Horse Rule



The Wild Horse Rule is a combination of the Law of Self and Slip. It states that we always think the worst about ourselves first. The Wild Horse is often top blame for people hearing messages never sent and missing some that had been sent. The Wild Horse is often at the core of conflicts and relational breaks. In short it causes chaos in many areas.

## Law of Stick



The law of stick states that we always tend to look for something to blame in each situation first and then tend to abdicate responsibility. When we found a culprit, we tend to use that blaming as a reason to stay as we are. We never stay stagnant though, without growth we become worse. Ideally, we want to take responsibility for the situation and move toward a solution.

## Law of Significance



We all want to be significant. The reason why we are significant or valuable is a dominant driver/energy supply in our life. If this significance is determined by something that fluctuates the individual tends to be very unstable in their drive/motivation. When the significance is founded in a stable source the individual also tends to have a consistently high drive and motivation.

## Law of Simplify



The Law of Simplify states that we tend to unify people in our outgroup while we recognise diversity in our ingroup. The brain is an energy saving tool and therefore saves energy by finding a simple explanation to everything it can. Therefore, racism is so prevalent within human beings. We realise that our ingroup is diverse, but we see the outgroup as all being the same. Because of the law of slip we would then also see them all in the worst

possible light.

## Law of Supremacy



The Law of Supremacy states that all human beings desire to feel in control. Therefore, humans will go to extremes to feel in control. This is not control but the feeling that indicates that you have supremacy over the current situation. When an individual feels this supremacy, it results in a reassurance of what is to come. It is this law that is often at the heart of failed change initiatives. When people know, what is to come, even when it is something that they

dislike, they feel they can face it with a secure sense of supremacy.

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