


<b>Name</b>	<b>THANCS</b>
<b>Brief Description</b>	<i>Realizing a sustainable lifestyle and at the same time a high quality of life can lead to tensions due to conflicts of needs and values. The term THANCS stands for "Thriving for Awareness for Non-Conflicting Strategies" and can be described as an option to deal with the tensions resulting from a sustainable lifestyle. THANCS is a method that enables individuals to investigate the level of needs (see iceberg model in the introductory text "Inner Dimension")</i>
<b>Methodology</b>	<p>The THANCS method addresses changes in lifestyle via group thinking. The method is structured around three main stages:</p> <ol style="list-style-type: none"> <li>1. <b>Acknowledge</b> the inner tensions connected with a change to a more sustainable lifestyle</li> <li>2. <b>Reflect</b>: participants reflect on the reasons for the tension: why has the tension been triggered and what are the possible solutions</li> <li>3. <b>Communicate</b>: members of the group start discussing together about the different strategies that they have put in place to overcome the challenges outlined. The discussion can be done also in breakout groups</li> <li>4. <b>Developing alternative strategies</b>: participants start discussing around the possibility to held alternative strategies that came out from the discussion and were not considered before</li> </ol>
<b>Estimated planning time needed:</b>	2h
<b>Objective</b>	allows a group of participants to deal with tensions that arise in trying to pursue a sustainable lifestyle
<b>Time estimated:</b>	1-2h
<b>Composition of audience:</b>	Heterogeneous
<b>Experience level required:</b>	Low
<b>Number of audience:</b>	<10
<b>Level of complexity and possible challenges</b>	Low

<p><b>Picture</b></p>	 <p>A man wearing a plaid shirt and dark pants is riding a silver bicycle on a city street. He is looking towards the right. In the background, there is a building with large windows and some orange lights hanging inside. A black trash can is visible on the sidewalk.</p>
<p><b>Relevant sources</b></p>	<p><a href="https://www.partizipation.at/thancs.html">https://www.partizipation.at/thancs.html</a>  <a href="https://www.degrowth.info/en/catalogue-entry/thancs-a-process-to-address-tensions-that-emerge-inwith-a-transition-towards-sustainable-development/">https://www.degrowth.info/en/catalogue-entry/thancs-a-process-to-address-tensions-that-emerge-inwith-a-transition-towards-sustainable-development/</a></p>