FRAMES AND SYSTEMS

HOW HUMAN STRUCTURES ARE FORMED

1 HUMAN NEED

- Transmit
- Protect
- Organize
- Communicate
- Stabilize
- Simplify

A need is felt by an individual or by a group.

2 CREATION OF A FRAME

The frame organizes:

- perception
- behaviors
- habits
- implicit norms

The frame gives structure, direction and meaning.

Examples: school • culture • family • work • society • traditions

3 IMPLEMENTATION OF A SYSTEM

The system makes the frame work:

- rules
- structures
- schedules
- procedures
- hierarchies
- tools
- automation

The system is the set of operational mechanisms.

Examples: exams • banks • credits • programs • technologies • evaluations

4 HABITS AND NORMALIZATION

Behaviors become:

- repeated
- automatic
- accepted
- considered normal

What is useful and effective becomes collective habit.

5 THE FRAME BECOMES INVISIBLE

People progressively stop questioning the frame itself.

What was constructed eventually seems natural or obvious.

The frame is no longer seen. It is no longer questioned.

6 PEOPLE STOP QUESTIONING

We only ask:

"Does the system work?"

and not:

"Is this frame still right for humans?"

Functioning ≠ Intrinsic truth

FRAME vs SYSTEM

FRAME	SYSTEM
Organizes the way we see, think and function.	Is the set of mechanisms that make the frame work on a daily basis.
It is often:	It is:
• invisible • implicit • normalized • accepted	• concrete • operational • structured • measurable

CONCRETE EXAMPLES

SCHOOL (FRAME) Transmit knowledge	→	SYSTEM Classes Exams Report cards Schedules Programs
BANKING (FRAME) Secure money Facilitate exchanges	→	SYSTEM Accounts Cards Credits Loans Scores
SMARTPHONE (FRAME) Communicate Facilitate life	→	SYSTEM Notifications Apps Habits Networks Constant presence
FAMILY (FRAME) Protect Maintain balance	→	SYSTEM Implicit rules Roles Habits Ways of reacting
WORK (FRAME) Contribute Produce Be useful	→	SYSTEM CVs Salaries Promotions Evaluations Hierarchies

KEY IDEA

A frame is an organized way of seeing and functioning that becomes normal over time.

A system is the set of mechanisms that make this frame work every day.

What seems "self-evident" is often constructed. → It is not always neutral or natural. → Questioning brings clarity and opens inner freedom. → This allows us to act in a more conscious, more human way.

TO REMEMBER

Frames and systems are not bad in themselves.
They are useful. But they are human constructions.
Recognizing this allows us to keep our inner freedom, our discernment and our alignment.

Stay aware
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Stay free