

Talks about Living in Process

Detailed Summary of 2014 video by Dr. Michael Obsatz ¹

Overview

Dr. Michael Obsatz's concept of 'living in process' presents a transformative way of approaching life. Rather than viewing life as a series of successes and failures, he encourages seeing it as an ongoing journey of growth, experimentation, and learning. This mindset frees individuals from harsh self-judgment and replaces it with curiosity, resilience, and openness.

The Core Principle: Life as Experimentation

At the heart of living in process is the idea that life is an experiment. Individuals are continually trying new things, observing outcomes, and adjusting accordingly. What doesn't work is not failure—it is information. This approach fosters adaptability and continuous growth.

Redefining Failure

Obsatz challenges the traditional notion of failure. Instead of labeling outcomes as mistakes, he reframes them as learning opportunities. Setbacks, disappointments, and challenges become essential teachers that guide future choices and actions.

The Problem with Perfectionism

Many people struggle with perfectionism, believing they must get things right the first time. Obsatz highlights that this expectation creates anxiety, shame, and fear. Living in process rejects perfectionism and embraces the reality that humans are 'perfectly imperfect' and meant to learn through experience.

Emotional Impact and Cultural Influence

A culture of criticism, blame, and judgment contributes to feelings of inadequacy and fear. Obsatz emphasizes the need for supportive environments that encourage growth rather than punish mistakes. Reducing criticism helps individuals feel safer to explore and take healthy risks.

¹ Detailed Summary created using ChatGPT from a YouTube transcript of Dr. Michael Obsatz' "Talks about Living in Process" video. April 2014. Link: <https://www.youtube.com/watch?v=hdYJKbPdf1M>
Find more of Dr. Michael Obsatz' and others writing and video's at: www.lifesjourney.us
More on Living in Process read: *Living in Process* by Anne Wilson Schaef; available at [Amazon.com: Living in Process : Basic Truths for Living the Path of the Soul: 9780345394071: Schaef, Anne Wilson: Books](https://www.amazon.com/Living-in-Process-Basic-Truths-for-Living-the-Path-of-the-Soul-9780345394071/dp/9780345394071) and other book sellers.

Growth Through Discomfort

Living in process requires stepping outside of comfort zones. Fear often leads to isolation or avoidance, but growth happens when individuals are willing to try new things in relatively safe ways. Discomfort becomes a necessary part of development.

The Role of Support and Guidance

When setbacks occur, support systems are essential. Obsatz encourages seeking help, reflecting on experiences, and trying again with new insight. Growth is not meant to happen in isolation but within a context of encouragement and guidance.

The Ongoing Journey

Living in process is not a one-time shift but a lifelong practice. The journey is often uneven and challenging, but it consistently leads to deeper self-awareness, resilience, and wisdom. Each experience contributes to a greater understanding of oneself and the world.

Key Takeaways

- There is no failure—only learning.
- Growth comes through experimentation and reflection.
- Perfectionism limits development; imperfection enables it.
- Supportive environments foster courage and growth.
- The journey of life is ongoing, dynamic, and meaningful.