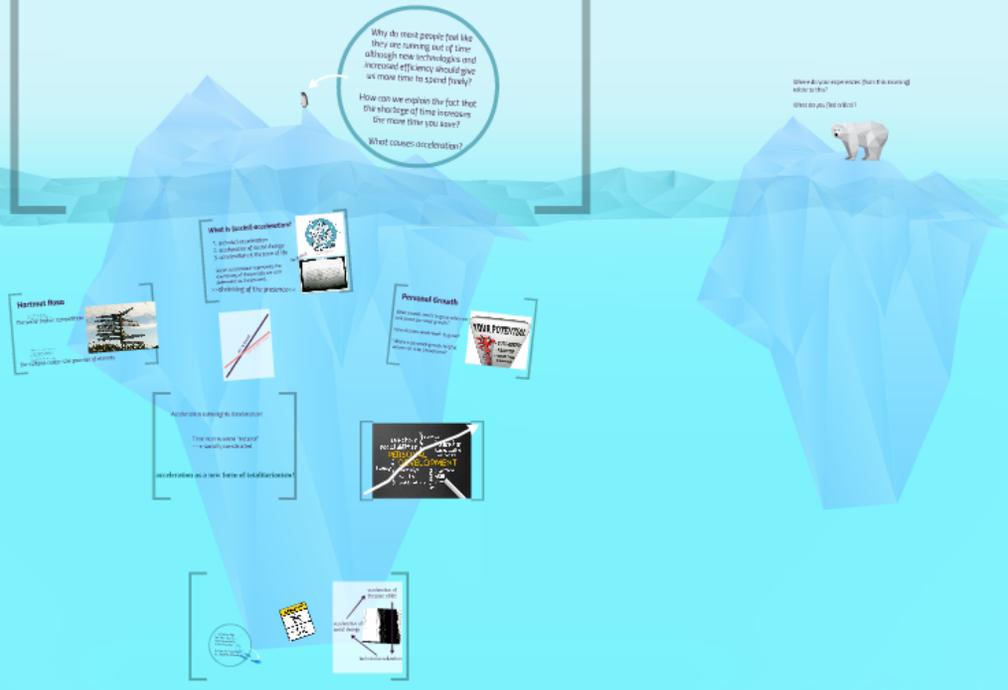


Acceleration & Personal Growth

Mental infrastructures and degrowth transformation



And now?

Acceleration & Personal Growth

Mental infrastructures and degrowth transformation

Why do most people feel like they are running out of time although new technologies and increased efficiency should give us more time to spend freely?

How can we explain the fact that the shortage of time increases the more time you save?

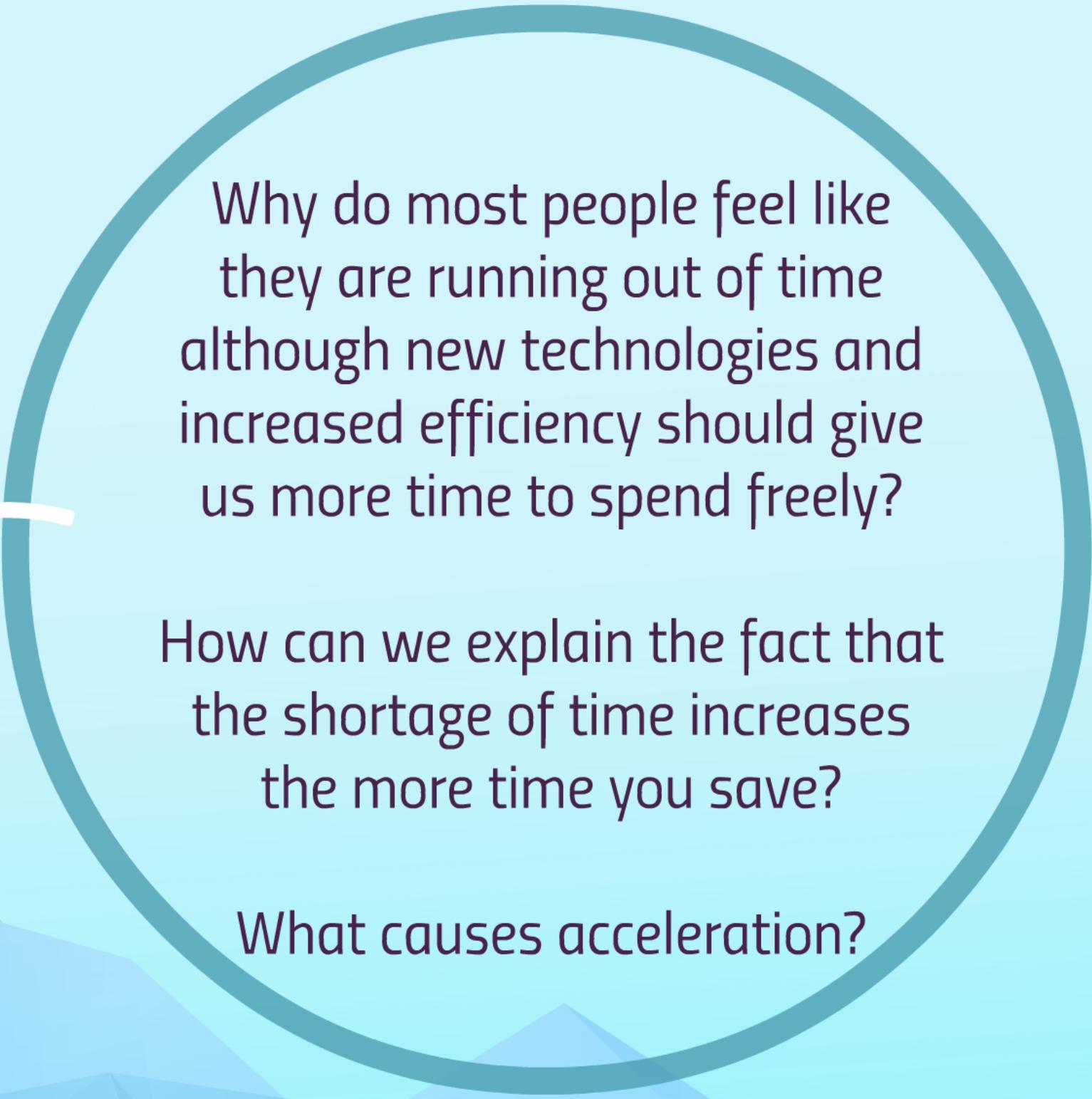
What causes acceleration?

What is (social) acceleration?

1. technical acceleration
2. acceleration of social change
3. acceleration of the pace of life

Social acceleration represents the

Quantity!



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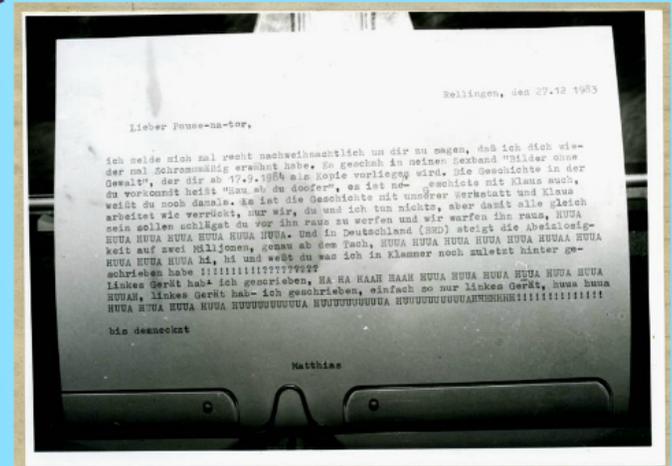
Social acceleration represents the shortening of the periods we call/determine as the present.

>>shrinking of the presence<<



Increase the number of courses of action and adventure options per unit time; doing more in less time

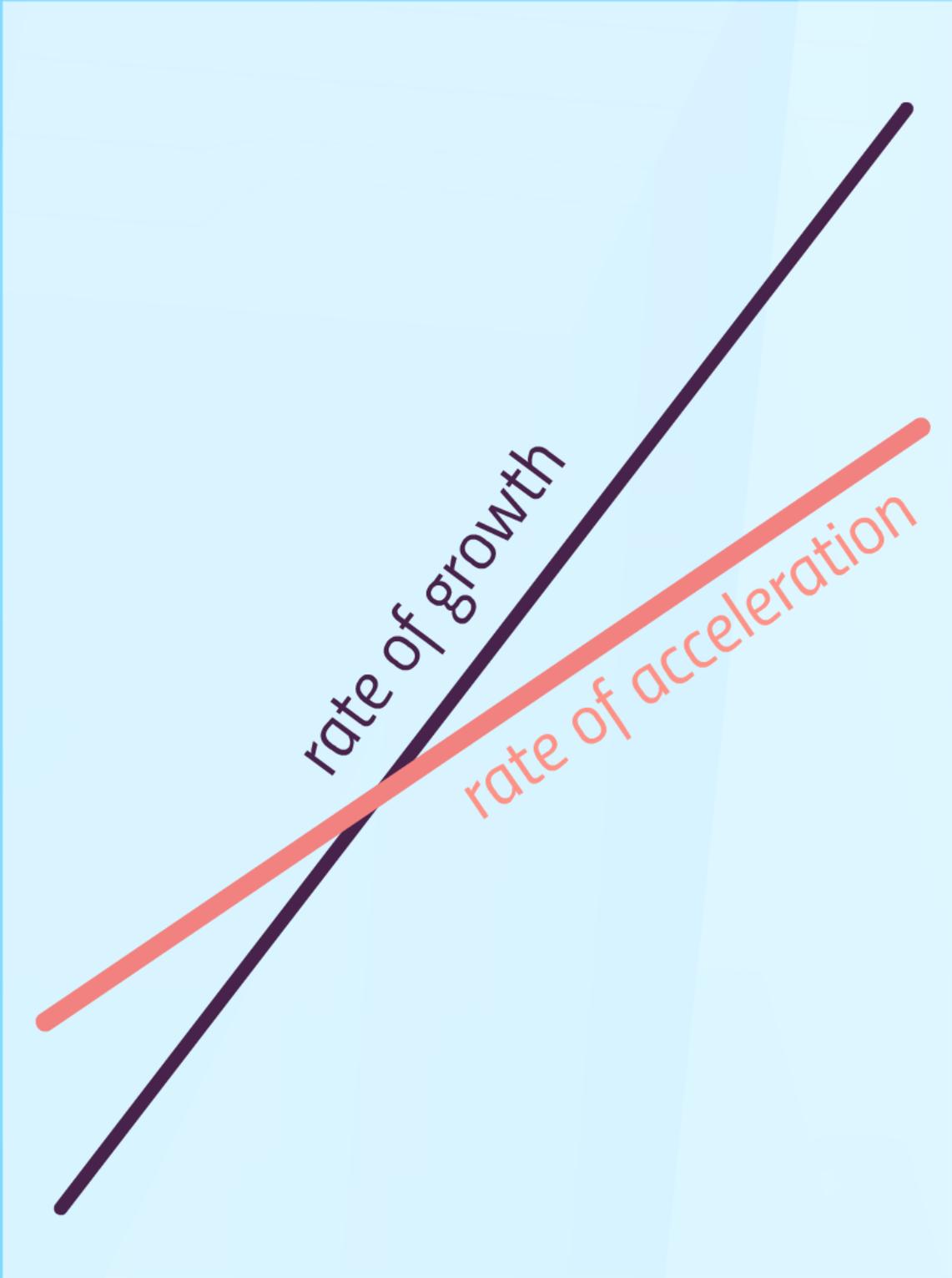
Quantity!





Increase the number of courses of action and adventure options per unit time: doing more in less time





Hartmut Rosa

Competition as the predominant principle of the allocation of privileges, power, status, recognition, ...

Social position as an object of permanent competitive negotiation

the social motor: competition

living life to the fullest means: maximizing options

but: variety of options exceeds the opportunities a person can use in the course of his/her life --> increasing the pace of life

The same techniques that help us to save time, lead to explosion of the options

the cultural motor: the promise of eternity



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social motor:

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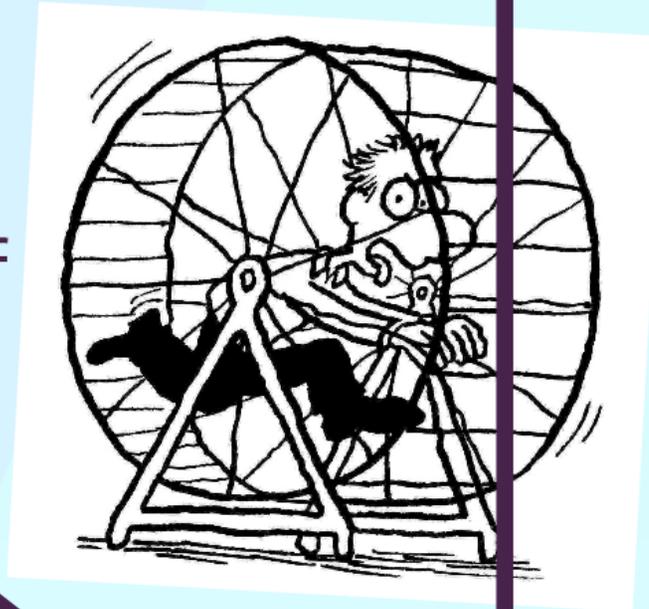
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cultural motor



acceleration of
the pace of life

acceleration of
social change

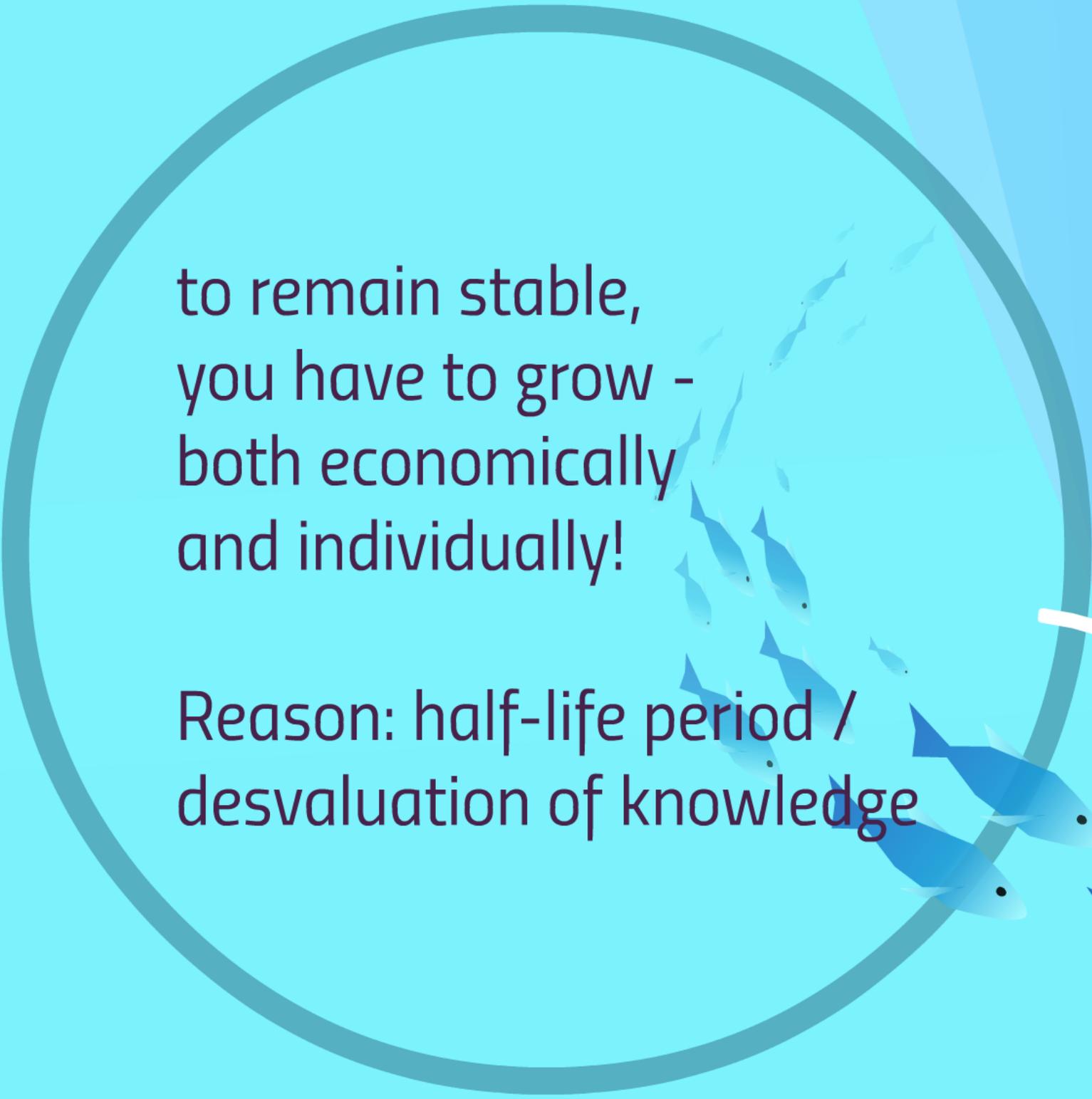


technical acceleration

 CAUTION



SLIPPERY
SLOPE



to remain stable,
you have to grow -
both economically
and individually!

Reason: half-life period /
desvaluation of knowledge

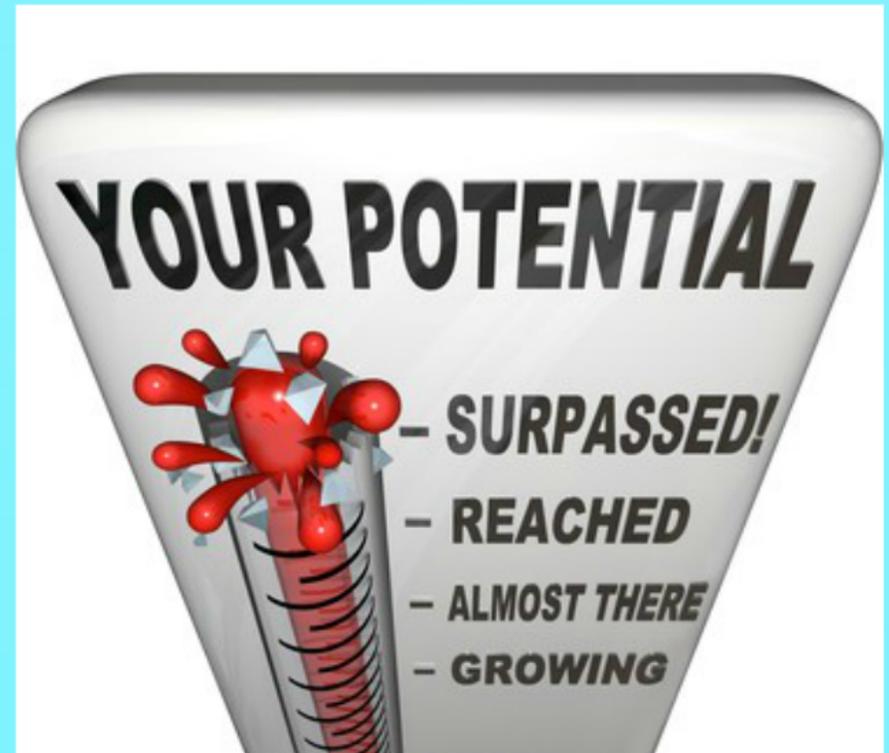
aspirations
social abilities
talents
human capital awareness
improving
potential
PERSONAL DEVELOPMENT
family improvements
knowledge
health
quality of life
research
practice
skill
strength

Personal Growth

What exactly needs to grow when we talk about personal growth?

Who decides what needs to grow?

Where is personal growth helpful, where can it be a hindrance?



Acceleration outweighs deceleration!

Time norms seem "natural"
---> socially constructed

acceleration as a new form of totalitarianism!

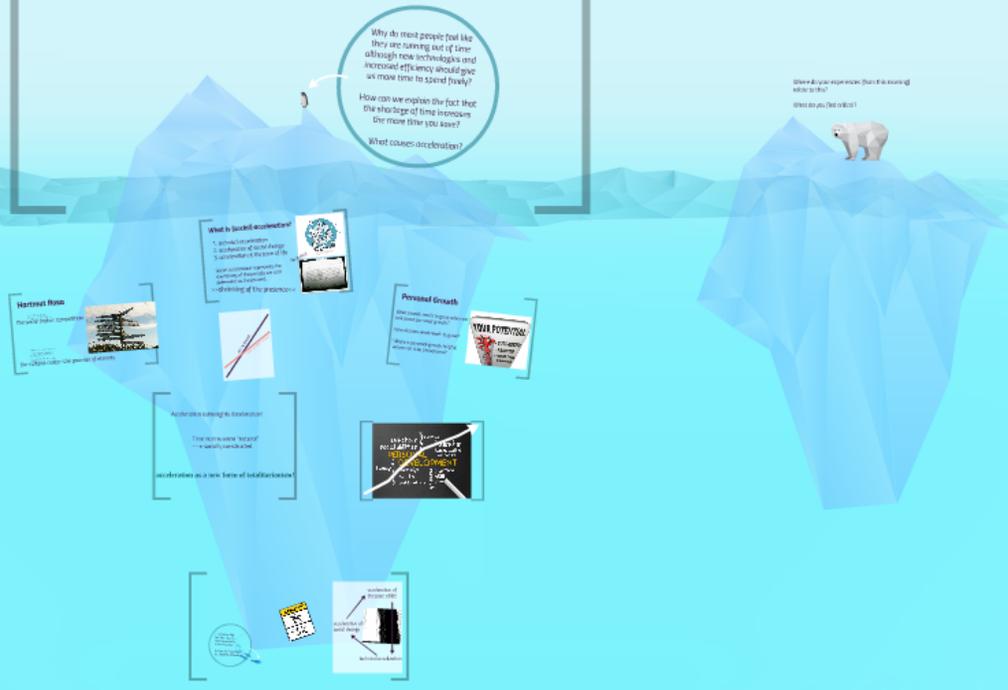
Where do your experiences (from this morning) relate to this?

What do you find critical?



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