



EYE
OF
EUROPE

EMOTION ECOSYSTEMS 2040

SUMMARY OF THE PILOT WORKSHOP (ROMANIA - 24-25 JUNE 2025)

2023-2026
18 PARTNERS



CONTEXT

EYE OF EUROPE OBJECTIVES

- Strengthen the integration of foresight practices into Research and Innovation (R&I) EU policy-making
- Support the Futures4Europe platform in nurturing an influential R&I foresight community

PILOT WORKSHOPS SERIES

- Address key topics relevant to the European Research Area (ERA)
- Experiment with innovative foresight methodologies and diverse groups of participants



KEY TAKEAWAYS

The workshop explored the dynamic, interwoven emotional currents that shape our collective lives. Discussions unpacked societal tensions as expressions of the strain between shared aspirations and their unintended consequences. Across the tensions, a common insight emerged: the need for a broader shift in how we understand connection, belonging, care, and togetherness. In the tension between *Hyperconnectedness* & *Sense of Isolation*, participants highlighted a transition from connection as visibility, convenience, and availability toward connection as presence, reciprocity, and mutual nourishment. Rather than maximizing interactions, preferable futures cultivate meaningful relationships and technologies that strengthen human flourishing. In addressing the tension between *Craving for Unity* & *Tribal Polarization*, participants challenged assumptions that equate sameness with safety and difference with threat. Diversity was

reframed as a source of resilience, while polarization itself was reimagined as a creative force that can foster learning, renewal, and collective growth.

The discussion on *Extending Care at Planetary Scale* & *Emotional Fatigue* exposed the gap between expanding global concerns and the human capacity to respond. Participants emphasized forms of care that are regenerative rather than depleting, reconnecting planetary responsibility with sustainable rhythms and meaningful action.

Together, these reflections point toward a future where relationships are cultivated rather than consumed, differences are engaged rather than feared, and care is sustained rather than depleted.



WORKSHOP METHODOLOGY

1. UNPACKING THE THEME: EMOTION ECOSYSTEMS

«The dynamic, interwoven emotional currents that shape our collectives, whether in communities, institutions, or digital spaces. Emotion ecosystems evolve continuously in response to technological, innovation, political shifts and cultural transformations.»

GROUNDING THROUGH THE LENS OF SOCIETAL TENSIONS

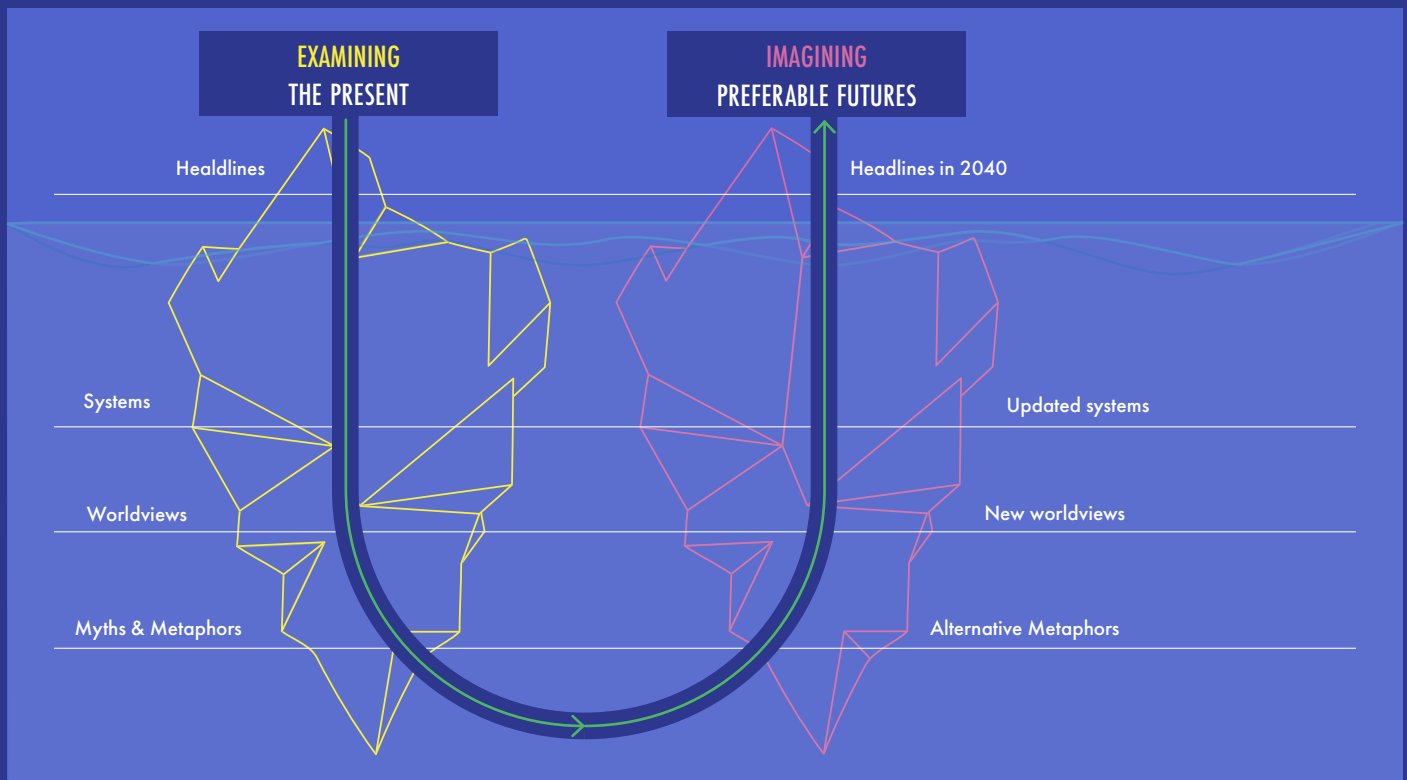
Opening up multiple entry points for reflection and imagination through the collective identification of dynamic polarities.

DYNAMIC POLARITIES

Hyperconnectedness	↔	Sense of isolation
Craving for unity	↔	Tribal polarisation
Extending care at planetary scale	↔	Emotional fatigue
Searching for truth and meaning	↔	Settling for what feels true
Healing collective-trauma	↔	Solitary coping

2. CAUSAL LAYERED ANALYSIS

Unpacking complex issues by exploring them across four interconnected levels of depth, moving from surface-level symptoms to deep cultural narratives.



3. HORIZON SCANNING

The emerging metaphors were calibrated against key drivers of change to explore whether they could sustain desirable futures under changing conditions.

