



THE COMPENDIUM OF COMING CONDITIONS

Workshop Guide
undiagnosed.tech

Overview

This tool invites small groups to think about conditions that don't exist yet - but might, as digital technologies continue to reshape how we think, feel, and relate to one another.

The goal is not to develop concrete solutions. It's to have a balanced and nuanced discussion about the influence of technology without falling into the trap of a tech-utopia or -dystopia. The process is collaborative and is owned equally by all the participants, including you.

Think of your role as leading a structured provocation to get to new insights.

Duration: 2 hours

Participants: 3-6

Materials

- The Compendium on undiagnosed.tech
- 1 large sheet of paper for a Futures Wheel - pre-draw the structure before the session (see below)
- Coloured markers: red, yellow, green, blue, purple
- Post-its
- Wildcard cards (last page of this document - print and cut)

Preparation

Send participants the link to the digital version with the following instruction:

Take a few minutes with the Compendium. Browse through the reels until you find a sentence that stays with you - something that feels familiar, uncomfortable, surprising, or simply true. Save it from the tool and bring it to the workshop.

The sentences are meant to instil a certain sense of discomfort and the workshop will help us negotiate that.

Prepare the Futures Wheel before the session: draw a space in the centre of the large paper and mark spaces for 3 positive, 3 negative and 1 wild-card primary consequence. Set out markers and post-its.



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Steps

1. Opening – 5 min

Goal: set the mood and focus

Read the following text slowly, with pauses:

Close your eyes. Think of something ordinary you do every day – making coffee, commuting, checking your phone, brushing your teeth. Hold that image for a moment. Now imagine it's 20 years from now. You're doing the same thing. What has changed? What hasn't? What role does technology play – visible or invisible? Hold onto that image and when you feel it has a shape, you can open your eyes.

People can share something if they really want but this is just meant to get people out of their day-to-day operational state of mind.

2. Share your sentence – 10 min

Goal: open up the themes, listen to each other

Each person reads their sentence aloud and briefly explains what it triggered. About 2 minutes per person. Listen carefully – what comes up here will feed the next step.

3. Choose a collective sentence – 5 min

Goal: set a shared focus

As a group, choose one sentence to work with. Pick the one that generated the most energy, feels most unresolved, or made multiple people react. Not the safest one.

Place in the centre of the Futures Wheel.

4. Build the Futures Wheel – 45 min

Goal: map consequences collectively, develop future narratives, inhabit unfamiliar perspectives.

Together, develop the consequences of your sentence on post-its. Discuss each consequence before writing it down. If something more interesting comes up, you can always replace existing post-its.



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The wheel contains:

- 3 positive primary consequences
- 3 negative primary consequences
- 1 wild idea – no filter, anything goes
- For each primary consequence: one positive and one negative follow-on consequence

Important: take the positive consequences seriously – even when they're uncomfortable. This is the core of the method. Not pessimism, but ambivalence.

5. Colour rounds – 20 min

Goal: make individual perspectives visible, mini back-casting, bring things down to earth.

Hand each person a marker. They now mark one consequence that best fits the corresponding instruction. After each round, take 2-3 minutes to react: what stands out? Did several people circle the same thing?

- **Red** – This is already happening.
- **Yellow** – This could happen within the next 10 years.
- **Green** – This is something that would be good if it happened.
- **Blue** – This is relevant for my work.
- **Purple** – Wildcard: draw a card and respond

If there are more than five people, several people get a wildcard.

6. The peel – 5 min (optional)

Goal: personal close, carry something forward

Each person tears one consequence from the Wheel – the one that has stayed with them most. They take it with them.

7. Closing round – 10 min

Goal: name the takeaways, reflect together

Each person reflects on the process and what they take with them. Again, the goal is not to come up with next steps, action plans or concrete solutions. Everyone gets to share briefly, and the other people listen.



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Wildcard Cards for Step 5

Print, cut, shuffle.



This keeps me up at night

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This will be someone's job

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I would pay to avoid this

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This feels personal

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I did not expect to see this

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**There should probably be a
law about this**

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**This makes me uncomfortable,
but I don't know why**

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**This will be tough for the
church**

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**They should learn about this
in schools**

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**Please make this happen
tomorrow**

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Take my money!

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I read about this somewhere

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Example of a Futures Wheel

