

Here is what you are not seeing

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(Revised: 21. February 2014 by Nicola Neumann-Mangoldt)

FORMAT:

In pairs

Duration: 45 minutes

PURPOSE:

This is a crack-in-certainty experience using group-intelligence in parallel-play so each participant receives direct, clear, honest feedback about the characteristics of their Box defense mechanism.

SETUP:

People get together in pairs, spread with their chairs in the room and sit facing each other.

INTRO / BACKGROUND:

INSTRUCTIONS / PROCEDURE:

Get together in pairs, spread with your chairs in the room and sit facing each other. One person per pair please put up your hand. You are the Nacktschnecken. The others are the Tintenfische.

- Nacktschnecken you start by declaring what the box strategies of the Tintenfische are. Be specific. This is also about their gremlins.
- Start with “Here is what you are not seeing about me...” GO!
- *3 minutes declaration of box strategy.*
- Please come to a stop. Now we change roles. The Tintenfische now declare about the box of the Nacktschnecke. GO!
- *(again 3 minutes)*
- Find yourself a new partner.
- *(Have participants do this with 5 different partners)*

Each time the participants declare about the box strategy the Trainer provides a new entry sentence to start with, like e. g. the following:

- “Here is what you are not seeing about me...”
- “Here is what you are not seeing about yourself...”
- “Here is what you are not seeing about what is going on in the community...”
- “Here is what you are not seeing about what is going on in the world...”
- “Here is what you are not seeing about what is going on in your life...”

- “Here is what you are not seeing about what is possible...”
- “Here is what you are not seeing about who you are...”

DEBRIEF: