

Getting Out

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FORMAT:

Groups of 3 to 5 on many stages around the room.

Duration: 120 minutes

PURPOSE:

Practice rehearsing getting out of something.

SETUP:

Groups of 3 to 5 get together in teams and spread in the room standing.

INTRO / BACKGROUND:

INSTRUCTIONS / PROCEDURE:

Rehearse with feedback and coaching:

- Getting out of a street gang.
- Getting out of the army.
- Getting out of a corporate job.
- Getting out of modern culture life style.
- Getting out of being an American / a German.
- Getting out of being a Catholic/Moslem.
- Getting out of being in "society".
- Getting out of being in patriarchy.
- Getting out of being a nice person.
- Getting out of being your parents child.
- Etc.

DEBRIEF: