

Unhookable Exercises

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(Revised: 29th June 2013 by Nicola Neumann-Mangoldt)

FORMAT:

Groups of 3 (PM, hooker, coach)

Duration: 5 to 10 minutes per person

Note: good to follow up with creating meta conversation exercise => unhookable level 2

PURPOSE:

Learn to stay unhookable.

SETUP:

Divide into groups of three.

Chairs: two facing each other (for possibility maker and client), on the side as coach.

INTRO / BACKGROUND:

Hooked means it triggers something in you that makes you do something.

If it's not about you – is you are not in your way.

There is always one interpretation and only one payoff for being hooked; the continuation of being identified, unconsciousness, lower self. Being hooked is always a decision. We ARE NOT victims (cannot be). The standard program - always has the same input and the same output.

- You are hooked, when you take and defend a position.
- You are hooked, when you leave the presence and go into the past or future.
- You are hooked, when you justify yourself.
- You are hooked, when you are offended.
- You are hooked, when you give your center away.
- You are hooked, when you try to be right instead of listening.
- You are hooked, when you act adapted.
- You are hooked when your unconscious gremlin takes over.

Domains of being hooked also include:

- Being with is not inactive. Too acquiescent. Need to challenge, question, argue, fight, disagree, taking action.
- Victim of circumstances. Not meeting needs of comfort. Suffer.
- Choosing to try to be comfortable. Seeking comfort. Urge to maintain things comfortable.

- You are hooked if you click into your thing about it. To not be hooked, you must go somewhere else instead of staying neutral. E. g.
 - if your client starts shooting at you and you shoot back (children, boss, mate), or
 - someone complain and you rescue by consoling, fixing it, taking their side, allies-gossiping.
 - Or persecutor: “shut up. I’ve listened to this stuff long enough” , resentment.

One of the biggest obstacles to success is even if we can create possibility with a client somewhere around the process we get hooked and the possibility is lost.

Our standards, ideals, expectations and beliefs (our visions are the pictures that our belief systems produce) are our ego in disguise. Nobody is the enemy. We are all martyrs to evolution.

Don’t get hooked. Try to not be in, but be with.
Self-trust is not something we do, it is something we are.

- Make a map of how to hook someone / to be hooked
- Make a map of how to be unhookable:
 - Possibility listening.
 - Have your gremlin on a leash.
 - Find something to love and respect about them.
 - Identify and stay off low drama.
 - Have a meta conversation.
 - Keep centered.
 - Make distinctions.
 - Stay present
 - not doing past behavior or postures such as finger picking, head tilting, etc.
 - minimize now
 - use possibility stone, a possibility manager is resourceful.
 - Completion loops.
 - Stay neutral
 - Stay in the gap between you and your box. Identify their box.
 - Be in contact as an adult or archetypal
 - Create clarity about feelings (not mixing/emotions)
 - Stay in relationship not getting hit.
 - Stay neutral not distant.
 - Stay in full contact without getting sucked into the theater space.
 - Don’t go there.
 - Shift identity – perform a character.
 - Be of service.
 - Do enrollment.
 - Phone call – pirate agreements.
 - Sing show tunes.
 - Dance / Exercise
 - Laugh.
 - Make a new decision.

- Be grateful – thank them for hooking you – they are the gateway through.
- Put anchors in moments of wakefulness / joy – write it up.
- Practice now. This instant (by tomorrow, you will forget).
- Forgive them.
- Own your expectations of others – heals breakdown.
- Identify the purpose being served.
- Grow up.
- What is the sentence you used to get hooked? (“She should have asked me first.” or “I am left out – this always happens to me.”)
- Stop procrastinating – do a chore – clean your desk drawers out, a closet, the garage.
- Build something, crate, write a poem, paint, knit, plant flowers.

INSTRUCTIONS / PROCEDURE:

1) EXERCISE 1:

Roles:

1. Hooker role:

Plays mother, child, partner, neighbor, boss and changes roles often!! To find the most effective hooker.

2. Possibility manager:

Makes contact, stays in relationship, keeps his center and stays unhookable. Can use black hole, bubble, disk of nothing, spring screen, magic wand.

3. Coach:

Beep and explains each time the PM is hooked. If PM laughs they are hooked.

Procedure:

Possibility maker sets out to make possibility and stay unhookable.

Client sets out to hook the possibility maker using one of three methods:

1. Insult the possibility maker- their box. (example: Insult their arrogance, self-doubt)
2. Insult the possibility maker’s philosophically
 - Ex: Insult a gangster’s mother.
 - Ex: Insult a terrorist’s religion.
 - Ex: Insult possibility management.
3. Praise, positive manipulation, lulled into sleep

Coach detects being hooked.

As soon as possibility manager is hooked, coach interrupts and says “Stop. You are hooked.” His purpose is to consciously imprint the sensation of being hooked into the body of the possibility maker.

Coach explains in detail how he knows that the possibility manager is hooked. What are the exact manifestations for the possibility manager to sense? E.g.

- Red neck
- Sweating
- Shaking voice
- Anger
- Stuttering
- Giving center away
- Not holding space
- Who owns who
- Conflict
- Competition
- Control
- Manipulation

Then coach says “Stand up, shift, go again.”

Go 4-5 minutes per person. Then sharing. Rotate, change groups.

2) EXERCISE 2:

Format: whole group

Duration: 2 hours

- Do after contract (previous day)
- Trainer is boss in a meeting.
- PM presents their contract with client.
- Option: choose what is – agree – then you cannot be hooked.
- Boss interviews client to verify PM can be certified in selling possibility steps, at the same time, tries to hook PM about the contract or the project. If boss can hook PM (self marketing) or client, boss says “Beep, you are hooked. Next please.”
- People have as many chances as they need.

3) EXERCISE 3:

Unhookable exercise during a Lab:

Create a series of set up situations designed to create a circumstance of choice to either take responsibility or get hooked. Is action required or is holding it required?

Situations for unhookable exercise could be:

- Choice of ???
- Simplified breakfast (serve plain oats for breakfast. Give no hints before. After, explain that if anybody made comments or complained, they were hooked into being a victim of circumstances in recoil cloud of sulk. Option: choose what is.)
- Lack of sleep
- Intensity

4) EXERCISE 4: Talking to a bigger Gremlin

- Get together in groups of 3, one Nacktschnecke as client, one Tintenfisch as roleplayer, one coach and spread with your chairs in the room.
- Nacktschnecke, you pick a person to talk to, who has a bigger Gremlin you're your own. Tell the other two, which person you choose and what it's about.
- The Tintenfisch roleplays the Gremlin and sits across from the Nacktschnecke.
- Nacktschnecke, make it so you're not just a victim of this Gremlin.
- Coach, this is not a war. This is training. Give the Nacktschnecke skillful means to handle the bigger Gremlin.
- 10 minutes per person.

DEBRIEF: