

Unhookable – Tools for Staying Unhookable

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(Revised: 05. August 2015 by Nicola Neumann-Mangoldt)

FORMAT:

- Process type: Groups of 3
- Duration: 90 to 120 minutes

PURPOSE:

Become aware of the cost of being hooked and practice staying unhookable.

SETUP:

INTRO / BACKGROUND:

Spend some time considering the true cost of being hooked. When you are hooked here is what you lose:

- You lose your ability to be present. In Hakim Bey's terminology⁵⁰¹: You lose immediacy.
- You lose authenticity.
- You miss out on intimacy.
- You shut down to new possibilities.
- You are stuck in linear mechanical defensive options.
- You lose the ability to create and navigate space.
- You lose the power to consciously choose from invisible options.
- You lose the power to consciously declare what is so even if it is different from what other people are declaring.
- You lose the power to consciously ask questions whose answers do not exist in the current space as a way of shifting to another space and accessing other resources.
- You fall into survival mode and no longer fulfill your true destiny.
- You lose the chance to serve Bright Principles.
- You no longer experience your experience.

- You surrender what you say, think, feel and do to one of your Box's identities.
- You believe your own stories as true and put your creative efforts into defending the dead stories rather than being able to use stories as intentionally-crafted pieces of conscious theater that create clarity and possibility for all.
- You forfeit your chance to represent the archetypal masculine or archetypal feminine.
- You fall into the numb grey fog and time goes by not being in the waking state.
- You start acting like your parents.

INSTRUCTIONS / PROCEDURE:

PRACTICE STAYING UNHOOKABLE (Great for Possibility Team)

Being unhookable depends on staying disidentified with your Box. Below is a list of 15 ways to do that. Choose 3 of these tools as your main ways for staying unhookable. Whichever 3 you choose, get seriously good at them. It is worth it. Test yourself over and over at Possibility Team. Have sessions of *Unhookability Practice* together. Get in groups of 3. You are the Client. One person plays Gremlin and sends verbal and nonverbal hooks to try catching you. The other person is the Coach who detects if you get hooked and says, "Beep! You are hooked!" and then explains what she sees. Coach and Gremlin give you feedback and coaching about anything you could do to improve your tools. Then Shift! Go! More hooks come flying at you! After 10 minutes or so, rotate roles.

Here are the tools:

1. **POSSIBILITY STONE** Touch your Possibility Stone to shift identity. Declare to yourself: "*I am a Possibility Manager. A Possibility Manager is resourceful!*" Then use your *Is-Glue Dissolver* to disassemble each story being spoken into the space and, once you have established some freedom of movement between the story components, use your tube of *Is-Glue* to invent a long string of responsible stories that benefit everyone. Then everyone has new options to choose from.
2. **MINIMIZE NOW** Minimize your *Now*. Make it smaller than the gaps between moments. Let Gremlin's hooks bite into a moment, but you are no longer in that moment. You are in a small *Now* in the gap between moments. (HINT: Stories exist in time. The present has no time; it is not big enough to hold stories. If you are listening to stories or voices in your head you are in time, in the past or the future and you are hooked.) When you get good at this one you can sometimes watch the hooks bite into moments of time and in a neutral respectful voice say, "Fascinating..." without getting hooked.
3. **BOX IS OPTIONAL** Regard your Box's triggers as part of your Box's machinery, and keep your Box to your side, perhaps even shrunk down to a 10 centimeter cube. You are not your Box. You are a Being, protected by being radically vulnerable. Let your Box's psychological machinery run without you over in on the side, not center stage.
4. **CONNECT BEING TO BEING** Regard another person's Box as their *Box*. Stay in connection with that person directly from Being to Being. Change your purpose

from Gremlin feeding to enjoying the visceral sensations of your Being in direct connection with another Being. Have the same respect for your Box machinery and their Box machinery as you would for spinning airplane propellers.

5. **YEARN TO LEARN** Move towards problems and conflicts rather than away from them by understanding them to be beneficial environments for rapid learning. Change your purpose from Gremlin feeding to authentic curiosity and being awed by the possibility of a delicate learning experience.
6. **MAP THE CLARITY** Call in the Bright Principle of Clarity and use it to make distinctions for yourself about exactly what is going on here. What other Principles are being called in? Stay in the brilliant but neutral influence of the Bright Principle and keep bringing background purposes into the foreground and identifying them in public. Be grateful for this opportunity.
7. **GO TO HIGH DRAMA** High Drama is using anger to make distinctions and change things and complete things, or using sadness to communicate and connect and listen and let go of the old, or using fear to notice what to change and take intelligent risks and create new possibilities out of nothing, and using joy to share a vision and celebrate and play. Regardless of what other people are choosing, you choose High Drama. Go there and stay there without trying to force others to go there with you.
8. **AVOID LOW DRAMA** Use all your own Gremlin's tricks to detect and name the moves and creations of other people's Gremlins. Make sure your Gremlin is well fed from interesting jobs to do, such as this job: detecting and avoiding strong personal invitations to enter Low Drama. Draw a line in the sand and pound in a sign that says, "Don't go there."
9. **RAPID LEARNING** Use the other person's hook as a dancing partner providing valuable feedback for you in all 4 bodies. If their hook stimulates anything in your Box and Gremlin it is direct feedback about what to change. Become a Box Engineer looking for cool ways to redesign your Box to be less hookable. With each thing they find to hook you, you get a Beep! Then Shift! Go! Do not go into the swamp. Instead get interested in possible design changes.
10. **GO NONLINEAR** They have a role, you have a role. Split your attention and take a meta-view of the interaction. From the meta-view it is easier to see how it might be easier to accept the other person's offers and defend yourself or argue, in fact you have zillions of additional possibilities. Speak from the meta-view and create nonlinear doorways that put a cracks in the certainty. For example, say, "This behavior might be the trigger but it is not the cause." Step through the crack yourself and don't stop moving. Create results that are independent from the circumstances. Do not rescue.
11. **BE A SPACE** Commit to being the space through which your Bright Principles can do their work in the world rather than allow your Box to fill up that space by defending a position. State your Bright Principles and pause for a moment to make a gap through which your Bright Principles can deal with this space. Even if you do not understand what they offer at first, go with it. See where they take you.
12. **BE UNREASONABLE** Ordinarily people go from reason to reason and their emotions cascade along like a waterfall. But in fact, choices are not connected to

reasons. The other person does not have to understand this, but you do. Take in the situation and make your choice without regard for anybody's reasons, especially your own. Abandon your reasons like stepping out of a cloud of mosquitos. Choose what you do or say next without reason so that *you* are responsible for your choice and you are not giving the responsibility to reasons.

13. **GO IN THE GAP** During the Box and Being initiation it becomes clear that you have a Box and you have a Being. The two are separated by a gap, or else they would not be separated. In that gap is nothing. But what is possible in that gap is everything. So relocate yourself to the gap. From there you can see your own Box and your own Being, and also the Box and Being of the others. In the gap you are not hookable and can stay present and be with what is.
14. **USE DISK OF NOTHING** One of the 13 tools on the *Possibility Manager Toolbelt* is the *Disk of Nothing*: a 10 centimeter diameter golden ring around a silvery stargate-like opening to nothingness. When someone slings a hook at you, from any direction, the *Disk of Nothing* senses it and automatically jumps to your fingers and stays between you and the hook. The hook goes into the nothingness – not into you – and has zero effect. Multiple hooks coming from multiple directions go into multiple *Disks of Nothing*. Keep your center and stay in contact so you can complete communications and go to the next level of intimacy.
15. **USE THE SPRINGSCREEN** (Invented in 2003 by Possibility Manager Johan Göbel PhD) Shift to perceive the entire scene you perceive around you in shapes, movements, sounds, colors, and sensations as being projected onto a white roll-up screen. When a hook comes at you, unlatch the screen from the bottom and it automatically rolls itself up and out of existence. What remains is a new white screen. If a hook comes from that screen, unlatch it and let it zip up and away (flap, flap, flap...) Now you have a new white screen. There are unlimited white screens.

DEBRIEF: