

## **WOW Processes**

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(Revised: 16. February 2014 by Nicola Neumann-Mangoldt)

### **OPTIONEN:**

- Box is an option
- Box and Being Distinction
- Being clapped for
- Box Game
- Appreciation
- Commitment / Perception Cleanout
- I already have everything that I need
- Man/woman listening (men listening to women)
- Saying No
- Possibility speaking
- Walking centered
- Problem-Ball Exercise
- Feelings Orchestra
- 4 Feelings Communication
- Low Level 10% Feelings
- I have everything that I need
- Role Play Low Drama
- Men/Women Listening
- Possibility Speaking
- Stamp Cashing
- Possibility Team
- Cowboy Hat
- Numbness Bar reading (How I numb, How I would be if I didn't numb)
- 4 Body Scanning
- Linear/Nonlinear Map
- Gremlin Hunting
- 4 Brains
- 4 Body Speaking
- Problems – Softball Exercise