

What Evil

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FORMAT:

Triad Process

Duration: 60 minutes (15 minutes per person plus check-in).

PURPOSE:

Become aware of other peoples underworld and learn to see it.
Get clear and direct feedback on own underworld.

SETUP:

People spread in the room with chairs and sit in small teams.

INTRO / BACKGROUND:

The underworld is very powerful. Yet, we oftentimes tend to only see the nice part of a person. It is useful to see a person with all his facets including the shadow aspects.

INSTRUCTIONS / PROCEDURE:

Get together in groups of 3.

The Nacktschnecke is the client first. The other two are the Tintenfische.

Nacktschnecke, you just listen.

Tintenfische, you look at the Nacktschnecke, lower your numbness bar and be open to the underworld of the Nacktschnecke. You tell the Nacktschnecke what evil his underworld is. What does he do? What is his purpose? Why does he do it? Describe it in detail. Don't be too nice. This is evil. This is the most horrible thing the Nacktschnecke does in his underworld. Just imagine you would meet the Nacktschnecke in his underworld. Trust the fear. You might say things the Nacktschnecke didn't know himself about his underworld. It is cruel. It is evil. Reveal it. Describe what his underworld is like. GO!

After 15 minutes role change. Check-In in between.

As Trainer go around and coach the Tintenfische on radical honesty.

DEBRIEF: