

Safe Space

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FORMAT:

Groups of 3: one speaker, two listeners

Duration: 30 to 75 minutes

PURPOSE:

To provide an ultra safe space into which people can say anything and it can be heard

SETUP:

Groups of 3 people sitting in a circle. It is best if people already know how to listen as a space with Possibility Listening. A box of tissues sits on the floor in the center of each circle.

INTRO / BACKGROUND:

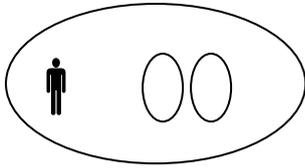
Explain radical honesty, saying what is really going on, lightening the load without fear of judgment, saying how it really is to me you, sharing from the heart, speaking from your center no longer hiding, withholding nothing. This is a time for healing, for reconnecting with your soul and getting back in the flow with the world and your life. We normally live a life of mediocrity. This exercise is about reconnecting to our inner passion before we disempowered ourselves for our parents and our society.

We all have an “editor” who controls what we say or do not say. The editor enforces the rules motivated out of fear. The editor is dominant in our mind and in our life, criticizing and judging us ceaselessly and without mercy. It does not have to be this way. We can decide to trust ourselves and take responsibility for what we say no matter what the impact is or the consequences are.

INSTRUCTIONS / PROCEDURE:

You have a right to your true ambitions – they have been there forever – their source is internal.

One person begins as Speaker. Speaker position rotates clockwise. Trainer keeps time and in very gentle tones invites people to take a risk and use this opportunity. Give each speaker between five and fifteen minutes to speak (five minutes the first time, fifteen minutes the third time). The instructions are to be radically honest. Trainer demonstrates with “I hate... I love... I am scared about... I feel angry about... I feel sad about... I feel glad about...” and so on.



Precautions:

This exercise is best done for shorter periods of time and more frequently. For example once a day for five minutes per person during a three day training.

DEBRIEF:

Sharing:

How did you make use of this opportunity?

Who were you being during this exercise?

What risks did you take?

What was it like to be radically honest without the “editor” in charge of your voice?