

## **Center - Verbal Centering**

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(Revised: 11. October 2012 by Nicola Neumann-Mangoldt)

### **FORMAT:**

Whole group exercise in teams of 3

Duration: approx. 2,5 hours (10 – 20 minutes per person, 3 rounds)

### **PURPOSE:**

Staying centered while talking to other people.

It is a winning happening game, parallel play.

### **SETUP:**

Participants spread in the room with their chairs and get together in groups of 3.

### **INTRO / BACKGROUND:**

It happens easily that we give our center away when we talk to certain people.

How do you give your center away?

### **Map of losing center**

<p><b>YOU HAVE LOST YOUR CENTER WHEN:</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul> <p><b>Practice adult conversation. Keep your center.</b></p>
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Giving your center away is a survival strategy. It was not stupid to learn it. It may be stupid that you are automatically still doing it with everybody. Part of initiation is to stop giving your center away unconsciously.

Centering is the beginning place for relationship. You need your center before you can have a bubble, ground cord, and hold space.

Imagine trying to be in relationship with someone who cannot keep their center. You ask: "What would you like to do?" and they say "Oh, I don't know what would you like to do?"

So you will practice to keep your center while talking to different kinds of people. This is a verbal centering exercise. This exercise has 4 levels as you will see.

### **INSTRUCTIONS / PROCEDURE:**

Please get together in groups of three and spread with your chairs in the room.

One person per team puts the hand up, you are the Nacktschnecke.

Second person puts the hand up, you are the Tintenfisch.

The third person is the Worm.

Notice the subtle sensation that occurs, when you lose your center and you will find the muscle you need to develop to keep your center.

- Nacktschnecke is PM – Keep your center. Stay in relationship
- Tintenfisch is client – use minimum gremlin. Try to get their center
- Worm is coach – You say "Beep! You lost your center. Say exactly how and why. No too fast.

PM, observe the triggers that cause you to give your center away.

Client, observe your gremlin's favorite ways for getting other people's centers.

Distinguish between your attention and your center.

### **1) Level 1: Have a non-important conversation with a nobody person about nothing.**

Talk with somebody you don't know about nothing. See how quickly you give your center away for no reason.

Nacktschnecken, you start. You will talk to the Tintenfisch, who roleplays somebody you don't know, about nothing. It is as if you were doing small talk with a stranger.

Tintenfische, don't try to play out full Gremlin, only a little bit. The Nacktschnecken will lose their center already by saying nothing.

Worms, you coach the Nacktschnecken. As soon as they lose their center you say Beep! Give them feedback and coaching. What can they do differently to keep their center? You coach everything, the body posture, the look in their eyes, what they say, everything. Be attentive and present. Don't fall asleep and get sucked into the story telling. This is not TV.

**GO!**

Approx. 10 min. per person, check in after each round.

## **2) Level 2: Have a non-important conversation with an important person you know.**

Please find yourself a new team.

One person per team puts the hand up, you are the Nacktschnecke.

Second person puts the hand up, you are the Tintenfisch.

The third person is the Worm.

Nacktschnecken, this time you choose somebody you know with whom you talk about nothing. You have a small talk with somebody you know. Talk with somebody you know about nothing. Stay away from difficult themes or conflicts, e. g. child, parents, partners, boss, neighbor, police, etc. Don't pick anybody you have a conflict with. Pick kind of a neutral person. Tell the team, who you are talking to.

Tintenfische, you roleplay that person. Worms you give feedback and coaching.  
GO!

Approx. 10 min. per person, check in after each round.

## **3) Level 3: Have an important conversation with an important person**

Please find yourself a new team.

One person per team puts the hand up, you are the Nacktschnecke.

Second person puts the hand up, you are the Tintenfisch.

The third person is the Worm.

Nacktschnecken, this time you choose a person you know and who you usually give your center to. Again don't pick a person you have a conflict with. Tell the team, who you are talking to. And also tell the Tintenfisch what this person does so that you give your center away. How do they trigger you? Is it with words, or gestures....? How do they invite you to give your center away.

Tintenfische, you roleplay that person. Worms you give feedback and coaching.  
GO!

Approx. 10 min. per person, check in after each round.

## **4) Level 4: Have an important conversation with an important person, but change your purpose**

Please find yourself a new team.

One person per team puts the hand up, you are the Nacktschnecke.

Second person puts the hand up, you are the Tintenfisch.

The third person is the Worm.

Nacktschnecken, this time you pick the worst. Choose somebody who you give your center to and have a conflict with. This can be your father, your partner, your colleague, your mother in law.....Go into nasty conflict. Tell the team, who you are talking to and tell the Tintenfisch what this person does so that you give your center away.

Talk with somebody who you have a conflict with. However, this time you change your purpose to heart-to-heart connection, shared research and winning happening.

Tintenfische, you roleplay that person. Worms you give feedback and coaching.  
GO!

Approx. 10 min. per person, check in after each round.

**Trainer Note:**

The 4 different levels can also be done on 4 different days as separate exercises.

**DEBRIEF:**