

Contact – Create Authentic Relationship

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FORMAT:

Dyad process.

Duration: 40 to 60 minutes

PURPOSE:

Practice creating authentic relationship using rapid learning.

SETUP:

Pairs spread with chairs in the room.

Listener roleplays a stranger

5-10 minutes each direction. Then switch partners and go again

Ongoing feedback and coaching from listener.

Interrupt at will 3 to 10 times in the 5-10 minutes.

INTRO / BACKGROUND:

Contact is one of the seven core skills. This is not a method. Any method is from the past and therefore dead. Relationship is alive. Relationship is not a thing. It is a space of possibility. What will you create with it? This is about being with. As a human. Be authentic about your inauthenticity. Be vulnerable about your invulnerability.

CREATE CONTACT

It is about being with. It is a context of authentic relationship. It is not a method (any method is from the past and is therefore dead). Instead of a method, come from the context of authentic relationship.

- Relationship cannot be known.
- We don't know what it is.
- There is no right way.
- It helps to play.
- Relax, just don't know.
- Let your mind have a vacation – try not thinking.
- We are men or women /Human.
- What else do you need to know? That is 90%.
- We are not strangers. Keep it simple.
- Trust the universe.
- We are one – enjoy their company.
- Appreciate them.
- Be authentic about your human inauthenticity.

INSTRUCTIONS / PROCEDURE:

Please find yourself a partner and spread in the room with your chairs.

One person in each pair put your hand up, you are the Nacktschnecken. The others are the Tintenfische. Tintenfische, you are the listener. You roleplay a stranger.

1. Create authentic contact (3 minutes).
2. Close round – ask them questions (see below)
3. Feedback and coaching (3 minutes)
4. Partner B stays seated, partner A finds a new partner
5. Partner A – use feedback, shift + GO!

After the first half round intersect these questions about the quality of the relationship that was created and the quality of the coaching.

Questions of Relationship:

(read these just before they give feedback)

- Were you talking about yourself or were you listening to the other?
- Were you able to go in his world or did you stay in your own?
- Did you try to convince him or sell him something? Or could you accept him?
- Were you teaching? Were you arguing? Were you defending a belief or opinion?

Give feedback and coaching about how it was for you. There is no method, not right way. But there are ways to create authentic contact. Light up the light of the other one, sparkle the spark.

DEBRIEF: