

## **As Is-ing**

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### **FORMAT:**

Whole group process  
Duration: 90 minutes

### **PURPOSE:**

Participants go through an accident or birth and experience it again.

### **SETUP:**

Dyads spread in the room sitting in chairs and prepared to move to the floor if necessary (not necessarily on a mattress).

### **INTRO / BACKGROUND:**

Painful or shocking experiences like accidents, being born, or giving birth include feelings that are often not expressed, because the incident went too fast for conscious experience and therefore the emotions stay locked in the body. They can become the source of old decisions that limit a person's ability to engage life. In this process a person locates the charge of unexpressed feelings (emotions). In a completely non-judgmental and totally safe and accepting space these old emotions are being re-experienced consciously in slow motion and with accompaniment of the coach to "as is" and neutralize the feelings that were locked into the tissues. The As-Is-ing vanishes the charge forever.

### **INSTRUCTIONS / PROCEDURE:**

The coach asks the client to locate the charge of unexpressed feelings and invites the client to let them get bigger. As the feelings come the coach repeats back, what he hears the client say so the client experiences that they are heard.

Note: It is not necessarily about finding and changing old decisions, but more directed towards simply step by step reenacting the original experience, even so far as to move the body into the original positions in which the incident occurred, even if this requires moving to the floor. Each emotion that is expressed is repeated back by the coach and this as-ises the incomplete experience.

The coach prompts the client questions like "What exactly happened? Show me in detail. Tell me one step at a time, slowly. What did you feel?"

### **DEBRIEF:**

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