

Radical Honesty

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(Revised: 9. January 2012 by Nicola Neumann-Mangoldt)

FORMAT:

A winning happening game. Group discovery in 2 parts.

- Part 1 is group discovery speaking.
- Part 2 is a dyad exercise.

Duration: 120 minutes

PURPOSE:

To detect, watch and experience the difference between modern culture's ordinary "honesty" and next culture's radical honesty

SETUP:

For the discovery speaking the group sits in a big circle.

For the 2nd part dyads spread in the room and sit facing each other. Tissues, towels and buckets are also needed.

INTRO / BACKGROUND:

Often times, we are fooling ourselves. We are not authentic and not honest about what is going on inside of us. Thus we avoid being truly in contact with another person.

This is because we have an old view about honesty.

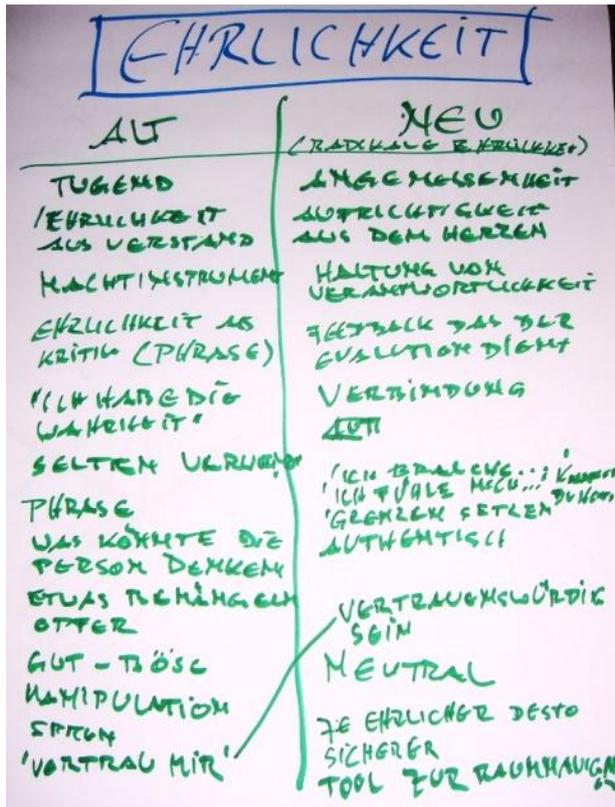
INSTRUCTIONS / PROCEDURE:

- **PART 1: (30 minutes)**

Use the group intelligence to explore the differences between modern honesty and radical honesty until the distinction lands in the space and everyone gets it.

("Let us draw a map and see what honesty means in modern culture and what it means in next culture.")

=> As trainer you navigate the discovery speaking.



HONESTY	
OLD (Ehrlichkeit)	NEW (Aufrichtigkeit)
<ul style="list-style-type: none"> About good/bad, positive/negative Trying to know, explain, understand 	<ul style="list-style-type: none"> Neutral, about sharing + distinctions Comes from no knowing – direct experience - Befindlichkeit
<ul style="list-style-type: none"> Saying phrases, beliefs 	<ul style="list-style-type: none"> Creates bonding and connection, creates community.
<ul style="list-style-type: none"> "I have the truth" 	<ul style="list-style-type: none"> The more honest I am (with myself and others), the more secure I am.
<ul style="list-style-type: none"> Manipulation due to fear – trying to control things 	<ul style="list-style-type: none"> Tool for spaceholding and navigating
<ul style="list-style-type: none"> Macht instrument 	<ul style="list-style-type: none"> Often sourced from being
<ul style="list-style-type: none"> Tool for protecting my box 	<ul style="list-style-type: none"> Honesty as clarity and possibility – high drama
<ul style="list-style-type: none"> Often sourced from gremlin 	<ul style="list-style-type: none"> Serves conscious purpose
<ul style="list-style-type: none"> Honesty as criticism, self-judgement or blame, low drama 	<ul style="list-style-type: none"> Comes also from heart and soul, all 4 bodies
<ul style="list-style-type: none"> Often serves hidden purpose 	<ul style="list-style-type: none"> I feel, I need, I want, setting boundaries
<ul style="list-style-type: none"> Comes from the mind 	
<ul style="list-style-type: none"> You should... 	

• **PART 2:**

One person shares from their own present experience (Befindlichkeit) or from a past incident. They can alternate between using the old form of honesty or they can simply seek to be radically honest. In either case the coach holds a clear space of safety and

clarity and coaches the person in real time (20-30 minutes per person). Then exchange roles.

“Now that we have drawn the map, please get together in groups of two, spread in the room and sit facing each other. One person per pair put your hand up. You are the Nacktschnecken.

Nacktschnecken, you will tell radically honest what is going on in your right now. What do you feel, what moves you, what bothers you. Be radically honest. You share from your own present experience. It is not about judgement. Speak from all 4 bodies about your Befindlichkeit.

Tintenfische, you have a detector for authenticity and radical honesty. Be razor sharp clear. You coach the Nacktschnecke with GO! and BEEP! about radical honesty. If the Nacktschnecke is not radically honest, you coach it and tell it to shift and be even more honest.”

There are so many lies in modern culture that we dull or turn out our radical honesty detector.

It is difficult to coach, because we are accustomed to making things nice. As coach you can also support the client to go deeper by e. g. saying:

- What if you said what really wants to be said?
- Can you be more direct or subtle
- It seems that something more could be revealed.
- How does it feel?
- Stay with your Befindlichkeit – what more could be shared?
- What does your body/heart/soul say about that?
- How are you finding this experience?

After 15 minutes the trainer does a check-in with the group.

Then switch roles. The Tintenfisch now gets 15 minutes to tell in a radically honest way what is going on for him/her.

Notes:

This is a good process to create a crack in certainty. Coaches need to keep people out of their heads explaining and in their bodies sharing their experience. Beware that this can cause liquid states – it is not for processing – it is for experiencing radical honesty. New people to feelings work may hesitate to do this. Relaxing, because I get to be simply myself. Great to hold space.

DEBRIEF:

Sharing (30 minutes)