

## **Story / Proof / Fear Initiation**

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**(NOTE: Possibility Management is open code thoughtware. The copyleft notice affirms that this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)**

### **FORMAT:**

This is a whole-group parallel-play process for nanonations, companies, communities, schools, clubs, teams, or other long-term group projects. It can take up to 60 minutes for context setting and the process, depending on how big the group is. Running this initiation with 100 participants is no problem. Perfect for PLabs and PTeams.

### **PURPOSE:**

People tend to believe that their own stories are true, about themselves, about what is going on, and particularly about what is possible with other people. The purpose of this initiation is to start building the habit of noticing the small inner tensions that a story creates, then instead of reacting to the story as if it is true and finding ever more proof to support it, you go to the person with whom you have created the story and reveal the story you made up, the proof you have been using, and the inner feeling that powers the whole mechanism, which may up to this point have been unconsciously driving you. Participants discover and admit that the source of their stories is inside themselves, often motivated by unconscious fears, and has nothing to do with the proof they find outside themselves to support their stories, and often nothing to do with the person they made the story up about. This clears the dance floor so that a new kind of relationship dance can begin.

### **SETUP:**

*Story / Proof / Fear* is done with the entire group standing randomly in a closed room. Chairs are moved to the sides of the room. Boxes of tissues should be available.

### **INTRODUCTION / BACKGROUND:**

There is amazing context and background for this initiation in SPARK 174 about the value of maintaining a small NOW. You might want to read this SPARK out loud as preparation for the *Story / Proof / Fear initiation*. “Good” stories are the basis of *friendship*. “Bad” stories are the basis of *enemyship*. Neither good stories nor bad stories are true. Both kinds of stories take you out of the present, out of reality. In reality there is no story. Normally you believe the emotion-driven tensions in your body and the explanatory story before you even know what your story is or its motivating emotion, which is usually fear. Your Gremlin fiercely promotes the misconception that your stories are true because of the huge amounts of Gremlin food they generate. Through communicating the *Story / Proof / Fear* information to the one you make the story about your entire Box mechanism instantly becomes obvious. Your radical honesty makes heretofore unseen relationship-options with

that person immediately possible. Plus, the conservation of energy that would normally have gone towards sick days, sabotage, betrayal, revenge, gossip, back-stabbing, subterfuge, blackmail, and intrigue benefits you, the other person, and the entire organization.

### **INSTRUCTIONS / PROCEDURE:**

After you explain how this initiation goes, it takes off and goes by itself. A demonstration may be useful so people get its true depth and value. When you begin the exercise perhaps do not say how long it will go, or if you feel that is necessary you can say, "We will start with a half hour and see how it goes..." Usually people love the results they are getting and an hour will go by in no time, so don't stop this process too early. Now and then there may be a dip in the energy in the space. This may come from more than one person digesting big changes in that moment. It probably does not mean that people are getting bored or are full or that the exercise should end. Wait a couple minutes and I assure you the energy will pick itself right back up.

### **INSTRUCTIONS:**

Here is how to do this:

1. Scan the people in the room and choose someone you have so far avoided getting to know or with whom you notice some kind of tension between you. Even a 1% tension between you is sufficient for this process.
2. Go to that person and say, "Hello. I have a story about you:
  - a. *"My story about you is that \_\_\_\_\_."*
  - b. *"The proof that my story is true is \_\_\_\_\_."*
  - c. *"The fear I have that drives me to have this story is \_\_\_\_\_."*
  - d. (Extra Credit Question) *"What is your fear about me?"*
3. For example: *"My story is that you don't like me. My proof is that you walked by me and did not say hello. My fear is that I am not good enough for you. Then after they repeat back and have received your communication, you ask: "What is your story about me?" Then you just listen and say, "Thank you."*
4. The person you chose simply listens to what you say, and after the three elements have been delivered to them they repeat back what they heard you say.
5. If they get the communication fully you say, "Thank you." If they do not get the communication and have missed some parts, please repeat all 3 parts of the story again so they can repeat it back to you.
6. The person you just spoke with may or may not have a story about you to engage this process with.
  - a. If they have a story about you, they can go ahead and tell you the 3 elements.
  - b. If they do not have a story about you, then say, "Thank you," and scan the room for tensions to find your next partner for this exercise.
7. It is possible that the person or person's you have your biggest tensions with are not in the training room. If so, choose someone and ask them if they would be willing to

stand-in for the other person in your process. Having this conversation works with a stand-in because it is not about them. Without you your story would not exist.

8. You will have about 30 minutes for this process, so do not stick with only one person. The process is very simple. Complete with one person and move on to the next. If you do not sense a positive attraction with someone you can assume you have a tension with them. If you still do not feel tensions with anyone, approach people and ask them, *“Do you sense that I have any tensions with you?”* If their answer is yes, you have your next partner for the exercise.

### **COACHING:**

In order to establish proper form for this ritualized self-initiation some coaching distinctions may be necessary, both for the speaker and for the rest of the participants in the circle. For example:

1. Listener and speaker should stand in open body position.
2. Listener should make eye contact with the speaker.
3. If many people line up to speak with one person this is feedback for that person.
4. Take a risk in this exercise. It is a rapid learning environment. You get to answer questions about yourself before they are asked, which is interesting. So don't stand around in this process. Take a risk and go speak with someone. You might be surprised about how many stories you have with people you never talked to before.

### **COMPLETION AND WRAP UP:**

Further Considerations:

- ☹ Stories make distance to people. Taking responsibility for your story gets your power back from the story, gets the story out of the way, and lets you connect directly Being-to-Being with the person.
- ☹ The next time you feel tension with someone, instead of being triggered into acting out of the tension, or even acting out of the story and proof that you associate with the tension, try going to the person and saying, *“You might not believe this, but I have a story about you. The story is... The proof I use is... And the Fear behind all this is...”*
- ☹ Think if how much intimacy and authenticity is wasted behind the façade of stories...
- ☹ Stories are inauthentic. You can admit your fallibility – that you were believing your own story about them. When you are authentic about your inauthenticity you re-enter authenticity.

Further sharing about what people noticed or what they experienced can be valuable if you have the time. Otherwise this initiation wraps itself up rather nicely if it leads into a break which gives people time to integrate the shifts in relationship that occur.