

## Avoiding Intimacy Initiation

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**FORMAT:** In pairs for 30 minutes, sitting across from each other in the room.

**PURPOSE:** Building matrix to hold more consciousness. Practice self-observation, experiential distinctions, giving and receiving feedback & coaching.

**INTRO/BACKGROUND CONTEXT:** Intimacy is evolutionary by nature. Intimacy with another consciousness happens when you can be closer to each other than your Boxes can allow. This is terrifying for the Box because the other person can turn around and look at your Box from the inside and see how fake the Box is. You can see it too. Becoming aware of and experiencing the fakeness of one's survival strategy is a transformational alchemical action.

From childhood, we have developed tricks and habits to avoid intimacy in order to avoid the chance of changing our survival strategy. This process reveals to others and yourself all the ways you avoid intimacy.

The way this initiation works is through using team intelligence to become aware of and put your attention on your own subtle behaviors that have become unconscious habit patterns limiting your ability to interact intimately. Your new awareness applies the transformational force of consciousness.

**PROCEDURE:** *Spread boxes of tissues around the room.*

Please choose a partner and sit across from them somewhere in the room with some space around you. One person in each pair please put your hand up. You are Person A. You will be speaking first. The other person, you are Person B. You will be listening first.

### 1st round.

Person A please explain to Person B all the ways you avoid intimacy, all the tricks and habits. For example: *I make comments or jokes about people, I triangulate, I gossip, I don't look in someone's eyes for more than 2 seconds, I arrive late, I don't keep my commitments, I watch TV, I read horror books, I eat alone, I don't eat, I eat too much, I make sure that I control every meal that is made, etc...*

*Person A speaks for 5-7 min.*

Person A, please come to a stop. Thank you.

Person B, it is your time to speak. Please look at the person sitting across from you and explain to them all the ways they avoid intimacy that they forgot to reveal to you.

*Person B speaks for 3-4 min.*

Now please change roles. Person B please explain in detail all the ways you avoid intimacy, Person A listens. Then Person A gives feedback to Person B about the ways they avoid intimacy that they haven't revealed.

2nd round.

Person A, please stand up and go sit across from a different person.

*Then, do the same process for the new pairs.*

3rd round.

Person B, please stand up and go sit across from a different person.

*Then, do the same process for the new pairs.*

**CHECK-IN & WRAP-UP:** Are there any sharings or comments about your experiences?