

FEAR OF CONNECTING INITIATION

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FORMAT: Whole group initiation done in pairs. It takes approximately 70 minutes. It is a very effective crack-in-certainty process. This initiation was developed by Anne-Chloé Destremau and Clinton Callahan during the *Sword and Chocolate* intimacy navigation workshops delivered in Ravensburg and Steinhagen 2018.

PURPOSE: The purpose is to be listened to in such a safe way that you are able to introspect and reveal examples of internal and external fears that you use as reasons for avoiding connection with other human beings. This is not saying that fears are bad or negative. This initiation is about learning to use the intelligence and information of your fears to become more skilled and aware about connecting. In other words, to become responsible with your fears of connecting rather than being a victim of them.

SETUP: In pairs facing each other in chairs spread throughout the room. The usual boxes of tissues, red cloths, and barf buckets should be spread throughout the room. People will need their *Beep! Books* and pens for taking notes.

INTRODUCTION: Fear of Connecting is different from Fear of Intimacy. The difference is that Connecting involves some level of commitment, whereas Intimacy can happen without any connection at all. Fears of Intimacy are faced in the *Fears of Intimacy Initiation*. Making your fears conscious gives you far more choices about how to navigate them rather than living in the shadow of having your fears navigating you.

We will explore 3 levels of fears about connecting: Fears you know about. Fears that could be known. Fears beyond understanding. This third category of fears are found hidden under the carpet, in your shadow world. To find them, go there and speak before you know what you will say. Surprise yourself. Let the fears bubble up as an experience first. When the fear is big enough it can start speaking all by itself. There is a lot to learn here.

PROCEDURE: We will experiment to make connecting a magical thing rather than a threatening thing. Please sit in a chair across from someone. Please spread yourselves out in the room to give yourself some space.

PART I: NAMING THE FEARS

One person in each pair put your hand up. You are Partner A. You will speak first.

Partner B, please make sure your energetic center is located at your physical center. Make a grounding cord from your center to the center of the Earth. Make your own personal bubble of space. Then use your Clicker to make your bubble into an ultra-safe listening space for the speaker to speak into.

1. **GENERAL FEARS OF CONNECTING** Partner A, please over and over again answer the question: ***What in you makes you afraid to connect in general with anyone?*** (2 minutes per A, B, and C below) Partner B you just listen as a space.
 - a. *Fears that you know* about connecting with another person.
 - b. *Fears that could be known* about connecting with another person.
 - c. *Fears beyond understanding* about connecting with another person.
2. **SPECIFIC FEARS OF CONNECTING WITH THAT EXACT PERSON SITTING ACROSS FROM YOU RIGHT NOW** Partner A, now please over and over again answer the question: ***What in you makes you cautious, doubtful, worried, afraid to connect with that exact person sitting across from you right now?*** Please be clear and specific with details and examples for them. (3-4 min) Partner B please write down in your *Beep! Book* what they tell you.
3. Now Partner A and Partner B exchange roles. It is time for Partner B to speak. Please repeat steps 1. and 2.
4. Now everyone please stay silent and take a deep breath. Silently stand up, leave the chairs where they are, and sit across from a different partner.
5. Repeat steps 1, 2, and 3.
6. Then repeat steps 1-4 one more time until each person has had a chance to be the speaker with 3 different partners.

PART II: CREATING EXPERIMENTS FOR BUILDING MATRIX

1. Rearrange the chairs into groups of 3. You will need a pen and your *Beep! Book*.
2. One person in each group put your hand up. You are the Chosen One.
3. The other two people are Possibility Makers.
4. **FEARS I HAVE TO CONNECT WITH OTHERS** (5 min) Chosen One: select from your notes the most significant fear or two that you have of being connected with others and say, ***“Please give me experiments to build matrix to get big enough to own this fear of being connected with others.”*** Read your notes about that fear to them. Then write down all the experiments they suggest to you.
5. Possibility Makers be as clear and practical as you can about describing the matrix-building experiments.
6. **FEARS OTHERS HAVE TO CONNECT WITH ME** (5 min) Chosen one: select from your notes the most significant fear or two that people told you that they have of being connected with you. Then say, ***“Please give me experiments to develop new ways of being that will make people less afraid to be connected with me.”***

Read your notes about those fears people have of you to them. Then write down all the experiments they suggest to you.

7. Everyone stand up. Stay in the same team. Rotate around and sit in the chairs so there is a new Chosen One.
8. Repeat Steps 4 – 7 two more times so that each of the 3 people gets to be the Chosen One and receives the treasure of experiments to do that will make them less afraid to connect and will help other people to be less afraid to connect with them.
9. **REMEMBER:** *This is not saying that fears are bad or negative. This initiation is about learning to use the intelligence and information of your fears to become more skilled and aware about connecting.*

COMPLETION AND WRAP UP:

Take any sharing people would like tell about what they learned, noticed, experienced, observed.