

Be a Problem

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FORMAT:

Dyad process

Duration: 30 minutes

PURPOSE:

Learn to be in contact while other person is a problem.

SETUP:

People spread in dyads in the room and sit facing each other.

INTRO / BACKGROUND:

You can either say, a problem is a problem, or you can say a problem is an invitation to transformation.

Now you stay with the same partner and will talk in 3 different ways.

First the Tintenfische will be a problem, e. g. work is bad, chair is too hard. Take something from daily life. Complain about something.

1. React in an ordinary way

**PROBLEMS ARE PROBLEMS => FALLING BACK
YOU USE THE CLUB**

React with one of your two box channels.

- Channel one: attacking back or
- Channel two: sulk

- Attack-Counter
- Use your box/gremlin – survival strategy
- To keep things the same
- Give reasons – justify – confusing
- Ignoring – distracting – low drama
- Blame – beat yourself or others

2. React in an extraordinary – adult way

PROBLEMS ARE. => STAY THERE

USE THE SWORD OF CLARITY

- Search for alternative solutions
- Accept – compassion – understanding
- Communicate – make a boundary – stop
- Make a decision
- Yes or no
- Change things
- Ask for what you need
- Responsible

3. Archetypal contact

PROBLEMS ARE OPPORTUNITIES => GO FORWARD

USE THE MAGIC WAND

- Let it in – why do I have this problem?
- Accept the invitation to transformation
- Navigate the purpose – bright principles
- Design your listening to be active
- To create radically responsibility
- Design what you are listening for
- Speak into existence your commitment
- Future independent – what can I learn?
- Who is talking to me?
- (Possibility Speaking)

Example

You hit a chair with your foot

1. Ordinary reaction: “Shit chair. Who put it there?” and you probably kick the chair
2. Extraordinary reaction: You take care of your wound and put the chair away
3. Archetypal reaction: What can I learn here? Thank you for the pain, I am in the present. Thank you for remembering me where NOW is. Why did I create this? What is the purpose?



INSTRUCTIONS / PROCEDURE:

Get together in pairs and sit facing each other.

1st round: Nacktschnecke gives problem, Tintenfisch answers

1. Talk ordinary (3 minutes each person)
2. Talk extraordinary (3 minutes)
3. Talk archetypal (3 minutes)

2nd round: Now change roles, Tintenfisch gives problem, Nacktschnecke answers

1. Talk ordinary (3 minutes each person)
2. Talk extraordinary (3 minutes)
3. Talk archetypal (3 minutes)

DEBRIEF:

Ask the participants to share about their experience.