

## **Box Description**

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(Revised: 22 May 2001 by Clinton Callahan)

### **FORMAT:**

Dyad process

Duration: 25 minutes

### **PURPOSE:**

Getting to know your box.

### **SETUP:**

Participants need pens and paper.

### **INTRO / BACKGROUND:**

Other names for our box include: belief system , world view, reality structure, mind set, and defense strategy. Below is a list of some structural components out of which our box is made.

### **INSTRUCTIONS / PROCEDURE:**

As a way of getting to know your box better, please take a moment to write examples for each category. Be as specific as you can, including references to politics, religion, health, men, women, going to work, managing a business, making money, the future, superiors, colleagues, juniors, making things happen, changing things, being successful, etc. Try to be honest. This investigation is for your own personal use.

- My beliefs about how things are supposed to be:
- My decisions about how other people are:
- My opinions about what I like:
- My preferences about what I do not like:
- My viewpoints about what I can do:
- My assumptions about what I cannot do:
- My conclusions about what is not possible:
- My understandings about what my limits are:
- My rules about who I allow myself to be:
- “Facts“ about my self image:
- My interpretations of my past experiences:

### **DEBRIEF:**

Ask the participants to share about their experience.