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possibility management

Box Designs
Under- and Over-Focused Box

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(Documented: 03. November 2013 by Nicola Neumann-Mangoldt)

FORMAT:
Groups of 4
Duration: 45 Minutes

PURPOSE:
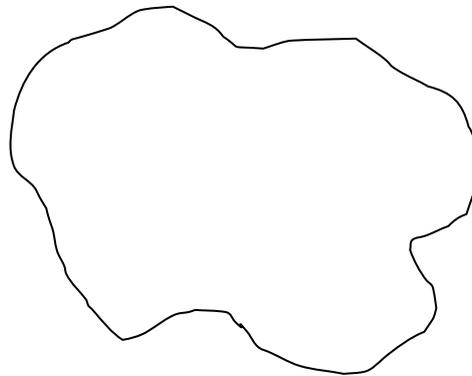To learn about the under- or over-focused box aspects you have.

SETUP:
Groups of 4 spread with their chairs in the room.

INTRO / BACKGROUND:
Apart from the 18 standard boxes, there are two box extremes on the spectrum of box designs: an under-focused box and an over-focused box.

The under-focused box has the following aspects/attitudes:
- Cloud
- Marshmallow
- I don't know
- I am not here
- Fog
- You can't get me
- No stand
- Fuzzy
- Wiggly
- No control
- Floor mat
- Dirt

The over-focused box shows the following aspects/attitudes:
- I know
- The "right" stand
- I'm the only one
- Here I am
- Look at me
- Watch out
- Needle, nail
- Sharp, hard
- Immovable
- Total control
- Teacher/God

If your identity is in the box, the box has a grip on you. It is like a parasite sitting in your neck. You build matrix to become safe/alive without the box. The box becomes a consciously chosen tool rather than a prison.

INSTRUCTIONS / PROCEDURE:
Get together in groups of 4. One person put your hand up. You are the Nacktschnecke. You start. The others are your coaches.

Nacktschnecke, you tell your team first, to which box extreme you belong and how this manifests. You have go one minute to tell them how your under- or over-focused box works. Be aware that it may also happen, the some people hide for example their over-focused box behind an under-focused surface.

Then after one minute, the 3 coaches will give the Nacktschnecke direct feedback on how the box extreme shows.

Then change roles upon trainer notice.

Trainer hint: have the team give feedback to the Nacktschnecke for 5 to 6 minutes in the first round. In the next rounds extend the time up to 10 minutes.

DEBRIEF: