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Four Feelings Communication Initiation

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PURPOSE:

This is a crack-in-certainty experience and practice for making full four-feeling communications. This works especially well with groups, teams, communities, or departments who know each other at least somewhat. While teaching four-feeling communication skills it also tends to, so to say, take out the emotional garbage in a relationship.

SETUP:

Standing in pairs facing each other in a room that is cleared of chairs. Spread some boxes of tissues throughout the room. (Duration 60-110 minutes).

INTRODUCTION / BACKGROUND:

Before someone can responsibly do this initiation they would need to be living in the world that naturally emerges from the *New Thoughtmap of Feelings*, and have practice lowering their Numbness Bar and completing communications with low level unmixed feelings.
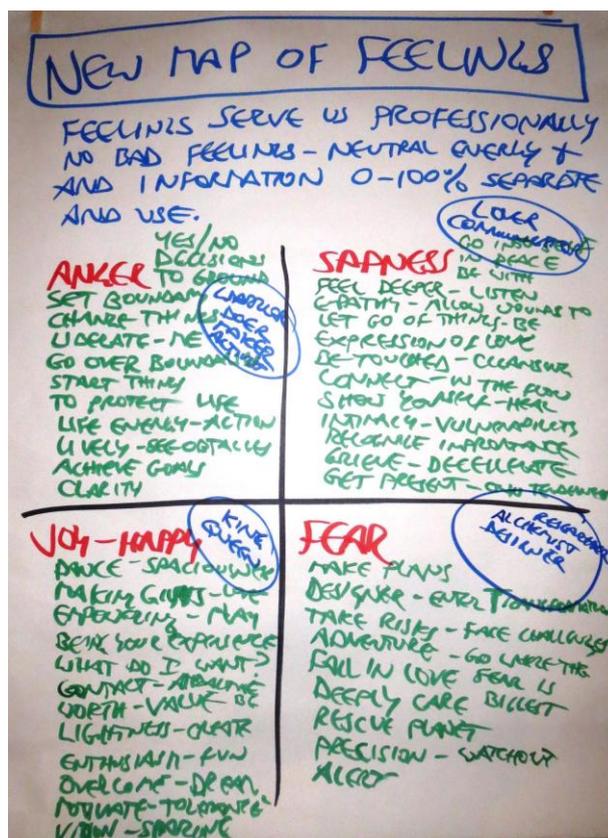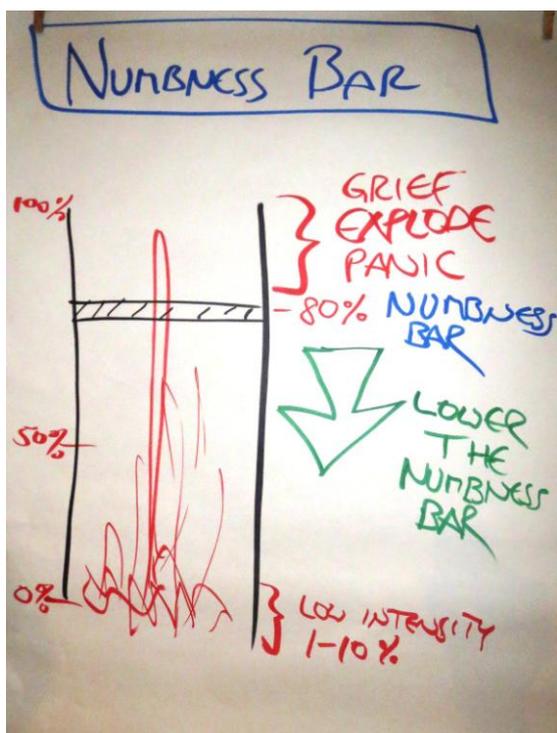
INSTRUCTIONS / PROCEDURE:
Please help stack the chairs at the sides of the room.

Stand facing a partner.

One person in each pair put your hand up. You are the Nacktschnecken. The other person put your hand up. You are the Tintenfische.

This first time will be a practice round.

Nacktschnecken, you speak first. Use this exact form:
"I feel [1% to 99%] [angry] because _____."
"I feel [1% to 99%] [sad] because _____."
"I feel [1% to 99%] [scared] because _____."
"And I feel [1% to 99%] [glad] because _____."

Now Tintenfische, repeat back what you heard them say.
I heard you say that:
"You feel [1% to 99%] [angry] because _____."
"You feel [1% to 99%] [sad] because _____."
"You feel [1% to 99%] [scared] because _____."
"And you feel [1% to 99%] [glad] because _____."

The feelings do not have to be delivered in this order.

The percent intensity of a feeling helps make clear communications. For example, someone might say, "I feel 3% angry that you used my knife at lunch without asking me," or they might say, "I feel 73% angry that you used my knife at lunch without asking me." That is a big difference.

Nacktschnecken, say all 4 feelings communications in one package, and Tintenfische, you repeat back all 4 feelings communications in one package.

If the person repeating back does not get the communication, then say, "No, that is not what I said. What I said is…" and then repeat all four feelings communications.

When the Tintenfische gets it, then say, "Thank you."

Now change roles. Nacktschnecken you listen. Tintenfische you say all 4 feelings communications in one package, and Nacktschnecken, you repeat back all 4 feelings communications in one package.

That was the practice round.

What comes next is the actual round.

From now on, roam around the room, choose a person to make a 4 feelings communication with, they repeat it back to you. then go find another person.

It may occur that the person you just spoke to also wants to make a 4 feelings communication with you, and that is fine, but it may also not be the case.

Keep choosing partner after partner. This will not go on for too long, so pick the most dangerous people first.

There may be a line up behind certain people [laugher…]. This is fine.

Any questions?

Please begin.

NOTE: Depending on the group and the situation this session can go on from 30 to 90 minutes.

COMPLETION AND WRAP UP:
Bring the people back together in a big circle, and take sharing about what people experienced and what they noticed during this initiatory process.