



Report

Kathrin Jehle C Laura Rost, Glarisegg Castle, January 27, 2025

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1. Introduction and intention of the Bridge House

From October 1 to November 30, 2024, a Next Culture Bridge House took place in the Glarisegg Castle community. Kathrin Jehle initiated this bridge house in her shared apartment, where several rooms were empty at the time.

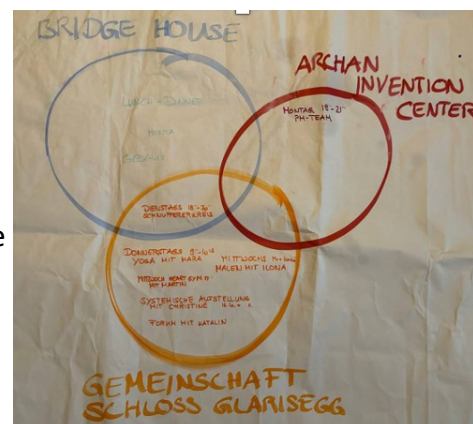
People were invited who already had experience in Possibility Management and wanted to deepen this. The common framework of Possibility Management enabled clarity in communication and reflection, the navigation of challenging situations and the creation of healing spaces. Quote from the invitation: "A Bridge House stands on the edge of modern culture and houses experiential spaces for a new, regenerative culture. (...) The time-limited space for experimentation and experience enables deep immersion in personal processes, which are accompanied by those holding the space. The distinctions, tools and processes developed in the [Possibility Management](#) game world serve as an orientation framework. In order to be able to contribute co-creatively to the Next Culture Bridge House Glarisegg, you need the capacity and the will to develop. We create a field in which we encourage each other and create spaces for healing. People engage in this experiment are ready to go through transformative processes."

The intention was to live together on the basis of radical responsibility and to relationships, e.g. through a consciously designed togetherness based on reliability, belonging and a feedback culture. The focus was therefore on social (interpersonal) regeneration: how can we be in relationship with each other so that old wounds that have arisen in social contexts (e.g. humiliation, belittling of needs, accusations, betrayal) can heal.

In addition, the Glarisegg Castle community and the Archan Invention Center provided further spaces for experience.

With this report, we would like to share our experiences and make the potential of a Bridge House visible, thereby providing inspiration and encouragement for future initiators and participants. It consists of two parts and was written from the personal perspective of Kathrin

Jehle (part 1) and Laura Rost (part 2), who were involved for two months. Where quotes from other people involved in the project have been used, these are marked accordingly.



PART 1 - Reflection Kathrin Jehle

2. Framework Program

For the two months, it was important for me to create a framework and a basic range of activities. Synergies were also created by the people familiar with Possibility Management who live in the area. They enriched the Bridge House by visiting and (jointly) holding space (e.g. Possibility Team).

Other, regular

Community events that are open to all interested parties, such as the taster group or the morning circle, were perceived as enriching opportunities in Glarisegg.

As a Possibility Coach, I offer monthly spaces to explore your own feelings (e.g. Rage Club, Dojo for Conscious Feeling). I invited the co-creators of the Bridge House to hold a space with me and use it as a joint excursion. This resulted in introductions to Possibility Management and a menu of possibilities. All other activities were co-created by those present.

The image shows two hand-drawn calendars for October and November 2024. The October calendar lists events such as 'PH TEAM' (marked with a star), 'AKTIONS-TAG', 'GARTEN-MORGEN', 'RAGE CLUB', 'DOJO', and 'FEELINGS PRACTITIONER CORE LABS'. The November calendar lists 'PH TEAM', 'RAGE CLUB', 'DOJO', and 'PH TEAM'. A legend at the bottom right explains the symbols: a star for 'ARCHAN INVENTION CENTER GLARISEGG', a circle for 'BRIDGE HOUSE EXTERN IN LUBERU', a square for 'GEMEINSCHAFT', and a yellow box for 'SPEZIALWOCHEN'.

3. Holding space requires inner and outer space (week 1 G 2)



On October 30
In 2024, I
opened the
energetic space
of the Bridge
House with
Dimitra Bali and
Mathias Weibel
by creating the
corresponding

declaration. In the days that followed, we took the time to share our ideas and wishes for a new culture of togetherness and to record them on a poster, which we continued to write over the coming weeks.



The days that followed were full of life and change. Dimitra only visited briefly and said goodbye on Wednesday, shortly after Laura Rost arrived. I also had a private visit this week, which was emotionally demanding. I was pretty exhausted and glad that things calmed down a bit afterwards. Holding space requires space - inner and outer space.

Another topic in this first week was my differentiation from expectations. I see myself as the initiator and space holder for the stability and structure of the whole project. Ideas about what else could be part of this role are individual. It was important to me that everyone involved took responsibility for their own processes and development and that I careful not to save anyone. As it turned out later, was an unspoken expectation that I should have taken more responsibility for clarity and transformative spaces. In a clarifying conversation with Mathias, I found out that he had the expectation that I should ensure clarity in my role with regard to the daily structure and content. was also an unspoken expectation that I initiate transformative spaces among the participants. Obviously, this expectation came from his child ego state. I was able to return this expectation to him.

Shortly after the start, it became clear that unplanned building work in the kitchen would turn into a major construction site. We soon found ourselves in external chaos. I wondered what this meant, that the very heart of a household - the kitchen - was affected. At first I accepted it. But after Laura and Esther expressed their anger, I took a stand with Martin Salanda, who was in charge. Where there is resistance, new opportunities open up. Within a few hours, our kitchen was in another empty room next door. Martin Salanda had worked his magic.



2. Pick up speed and experience adventure (week 3)



The first trip to Lucerne also took place this week. Together with Nicole Nette from the Community, Laura and I held space for an introduction to Possibility Management, a Rage Club and a Dojo for conscious feeling. It was very enriching for me to be

The three of us were at Bridge House from October 14-24. Esther Meduna enriched us with her calm and clear nature. We went on an adventure trip to Hohenklingen Castle near Stein am Rhein.



Sunday was spent preparing for a seminar so that I could give an introduction to emotional competence to 10 people on Monday. The Institute for Systemic Development and Training (IEF) had accepted my offer to hold a two-day seminar and now the time had come - in the middle of the Bridge House.

3. Climax and disillusionment (week 4)



There were five of us for a short time from October 25-27: Mathias came back and his wife Angelika Cordes also moved in. I thought a new era was about to begin for a few weeks, with lots of intensity and new opportunities. But it soon became clear that Mathias had other needs and Esther also decided to end her stay,

two weeks earlier due to family necessities. But when one door closes, others open. The very next day, Jacqueline O'Neil informed us that she would like to spend the last week of her stay in Europe at Bridge House.

But before we got to that point, we did some research together in the PM team. Angelika wrote the following about it: "A special PM team evening - **picking up group wisdom**

In the PM team with Stefanie, Esther, Mathias, Kathrin, Laura and myself, it became particularly clear to me. It started slowly and laboriously until we finally found the right constellation. We managed to create a context in which asking questions and encouragement invited people to be honest, which at first also brought up defenses in the sense of "too complicated...let's finally get started!" We stuck to not compromising or habitually saying: it's ok if it's not really that far yet. Because everyone was transparent about what they really, really wanted, we ended up with a group formation that none of us had expected and that met 100% of everyone's current needs. This experience at the beginning encouraged me to work with even more conviction for contexts that take authenticity seriously." (Angelika)



On October 27, Anton Henrich and Clemence visited the Bridge House from Mexico with their offspring. At the same time, the Feelings Practitioner Core Lab, which had taken place in Glarisegg that week, came to a close. The evening lasted a long time and included a few surprise guests, such as Anna Rudolf, Mareike Daniel, Oliver Kauss and Stefanie Heider.

4. Rest break (week 5 G 6)

After this exciting time, I was glad to be just the three of us. It became much quieter and I was able to withdraw from time to time to prepare for two other tasks. On November 8, I held a room for 26 lawyers and social therapists on the topic of emotional competence and the following week the second day at the IEF took place.

The Dojo for Conscious Feeling was a special occasion for me. Nicole had initiated this and asked us if we could take over holding the room during her absence. Laura and I took the plunge, even though only one participant was registered. It turned out that, in Moritz, we had a highly motivated participant who was ready for the

feeling with fellow researchers. The time flew by and at the end everyone was enriched.

5. Magic happens (Week 7)



Jacqueline joined us on Monday and immediately joined the PM team. We started with a check-in and talked about relationships. This was an interesting topic for everyone except Laura.

Laura questioned what this research room would do for her. The next day, the same topic came up in a different form: Laura questioned whether she should come to Lucerne. I realized that inwardly

switched off and resigned myself. I saw the child-ego part of Laura and couldn't find a way to be constructive with it. I was all the more touched when Jacqueline gently pointed out that the issue was repeating itself and whether Laura would like to explore a new option for herself. This opened the room. The following day, in my own decontamination coaching with Ana Norambuena, I realized that I had missed the step from perception to feedback or coaching. As a result, I began to pay more attention to how I can use what I perceive to invite new possibilities.

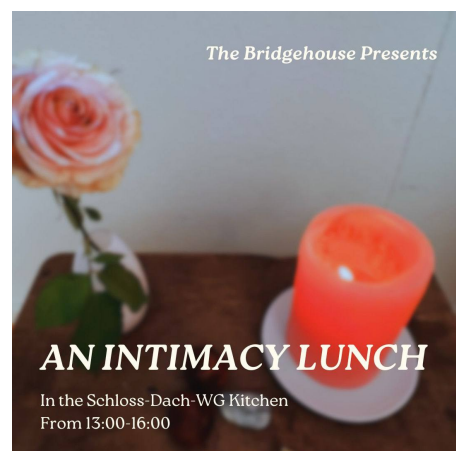
On Thursday, we hosted a small intimacy lunch. In the first part, there was a deep healing space for Laura, who was able to share her sadness having been little seen at the table as a child. There was also a touching rapprochement between Christine and Laura, who had previously been rather cold towards each other, hiding a fear of rejection. The space was cleared for further healing experiences by



Angelika and

Jaqueline, who shared a room for a few days, talked about the stories they had both made about each other. Mara, who joined later because of her work and replaced Martin, who had to leave early, opened up a profound space about womanhood and our relationship to the female body.

Once again, it was impressive to see how the

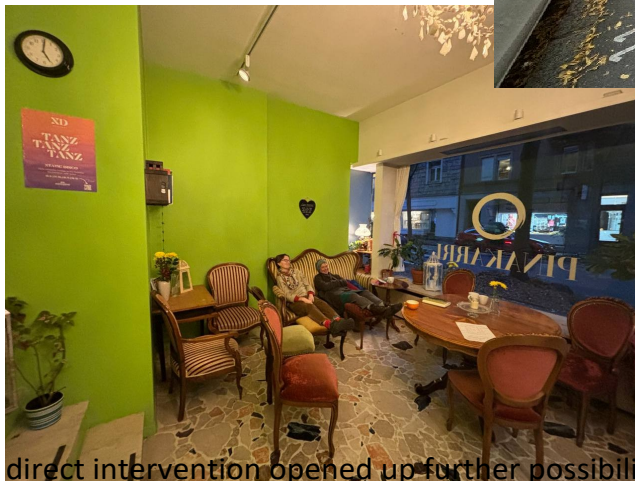


room had choreographed itself, so that everyone seemed visibly satisfied and inspired at the end.

On Friday, the three of us traveled to Lucerne. I left early to cook at Pinakarri, which I up with a few people. Pinakarri means deep listening in an Aboriginal language. It's a place that offers lunch and various events based on the gift economy. In the afternoon, we dared to experiment and offered a menu of possibilities there.

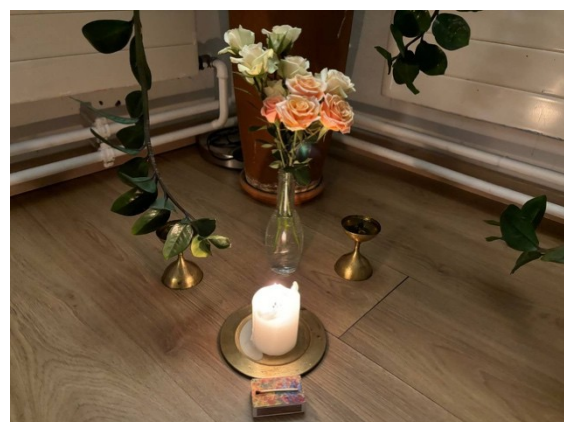
Here too: When magic is invited, it comes. As soon as we opened the menu room, an elderly gentleman arrived.

A young lady was already sitting there. At the same time, we held space for listening and appreciating the being. Later, people came who didn't know that a menu was being offered.



However, we were able to offer a few possibilities for a conflict case and establish contacts that could enrich Pinakarri at a later date. In the evening, we explored with two participants what Possibility Management could be. It was an enriching space in which everyone got involved. Through the courage of the direct intervention opened up further possibilities, Angelika described in her report.

Things continued intensively on Saturday: in the morning with a Rage Club and in the afternoon with a Dojo for conscious feeling. I was particularly pleased that Moritz there again. The Rage Club went off without a hitch. Our 5 participants were fully involved and I was able to draw on the full potential. In the afternoon, I realized that I was reaching my limits and was glad that Angelika kept the room together.





"Try out co-teaching

Kathrin invited Laura and me to take part in three courses with the potential for co-teaching where we wanted to get involved without having to. This was generous and brave of her in my eyes, as we had no course experience with each other. The Intimacy Lunch had been the day before; our relationship had grown in trust and so we went into the experiment and met Kathrin in Lucerne first on Friday for a PM Menu (where Esther joined), in the evening for a PM Introduction, Saturday morning for a Rage Club and Saturday afternoon for a Dojo for Conscious Feeling. Our co-teaching was particularly in demand for the PM introduction, where decided to improvise. It turned out that we were able to "throw balls to each other" very openly in front of the participants and, if there were any question marks, we were able to transparently raise them in the room and immediately explain the distinctions that in Possibility Management. We discussed directly what the "box, being, gremlin survival strategy" was in relation to what had just been said. By focusing on what was happening right now instead of just explaining it theoretically, it became exciting and lively and gave the two participants a tangible idea of how they could approach their own issues in this way. They gave us a surprisingly high voluntary contribution for our offer, which we spent again the next day at Tibits over a delicious breakfast. We were able to reflect on what had made this evening so successful, what context we had created without planning it. We had the courage to be ourselves and were not afraid of "mistakes". This energy automatically created an atmosphere in which the participants became more and more relaxed. We sensed that by "being present in this way without constricting feelings" we had allowed something like a deeper wisdom that made this offer so original and good. We felt the power of our team spirit! That was a reason to celebrate 😊 . The activities on Saturday continued very well, although Kathrin's leadership was more in demand here in co-creation with us." (Angelika)

6. Farewell (Week 8)

In the two months of her stay, Laura has contacts with several people from the community. A tradition at the Platz is to invite people to z'Vieris (coffee and cake at o'clock). Especially farewell z'Vieris



We enjoyed the get-together with mulled cider, cake and games.

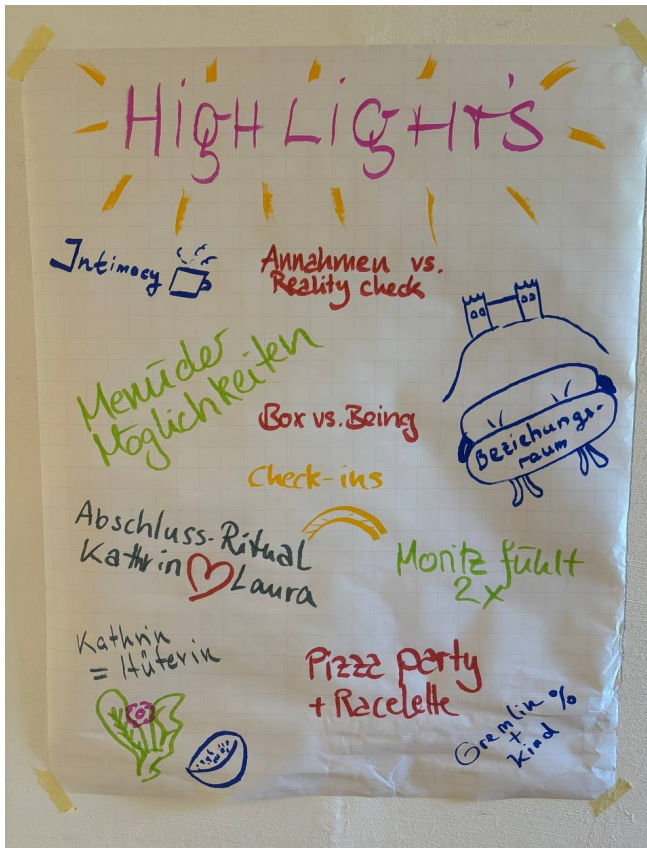
In the last week, Juliane Geller and Qinu Stempka visited us for a few days each. We learned that even in a short time

a lot of magic can happen, and we shared deep spaces.

On the one hand, I was touched by a clarification discussion in which I was able to mediate between Juliane and Laura. On the other hand, I was very grateful for Qinu holding the space. When the three of us were about to close the Bridge House, I felt unexpressed emotional sadness and anger. Without Qinu's help, I would not have been able to get to the depth of my emotions and let them flow: I would have liked to have been a more proactive space holder for Laura's processes and felt sadness over missed opportunities. It turned out that Laura didn't feel this way and her appreciation was able to land in me. I am very grateful that Qinu had the impulse to invite the celebration and we were able to capture all the highlights at the end.



7. Review and Conclusion



Laura was a central theme in Bridge House for me. She was part of this adventure almost from the beginning. She taught me a lot, especially with regard to how relationships between people work or don't work. What was particularly interesting for me was the parallel with my own experiences at the Bridge House in Brazil. I had the impression that I had the same unconscious expectations of Vera at the time and also projected onto her that she had to take care of me and invite me into relationships when I withdrew. It was clear right from the start that I didn't want to save Laura. I took the stance that I had no expectations to fulfill and that the Bridge House provided a framework that everyone could shape according to their needs. Looking back, I realize that this attitude also made me a little stiff. I put on a second, space-holder skin, so to speak, and was no longer really free and flexible. I wanted to do 'it' well. At the very end, I realized that I had withdrawn in a way that made it impossible for me to stand up for my wishes and needs. From my perspective, there would have been more potential to really be in relationship and create transformative spaces if I had been braver.

What I would do differently: Next time, I'll put together a team that not only gives me feedback on concepts and website posts, but meets with me weekly and challenges me to realize the potential and stretch my comfort zone even more.

Nevertheless, the Bridge House was a treasure trove of experiences and a new X on my map. Even the things that could have gone differently were an enriching experience. And: once again I was able to realize that my self-assessment is more critical than the perception from the outside. Truly accepting appreciation is probably one of the most important skills a person can have in a relationship.

PART 2 - Laura Rost: My two months at Bridge House Glarisegg

My thanks go to Kathrin, who opened the door for this experiment and created a space of love and acceptance in which healing was possible.

1. Starting point

When I heard about the opportunity to take part in a Bridge House at the Glarisegg Castle community at the Women of the Earth Lab in June, something inside me spontaneously said: Yes, that's what I want! My heart leapt in my chest with excitement and anticipation. By the time I was sitting on the train three months later, weeks had passed with self-doubt and fear of my courage. Was it overconfident to embark on an experiment for two months? What will I do if it goes wrong and I have to admit to myself that I overestimated my ability to share an apartment and intense emotional spaces with people?

On the other hand, I had the experience this year that I could use the transformative work in Possibility Management for myself as long as I am mindful of my boundaries. After a Rage Club and Expand the Box training in the spring, I was able to make personal and professional decisions over the course of the year and felt clearer and more self-determined than before.

It was clear that the Bridge House would not only include the pleasant aspects of living together, but also strenuous and painful experiences. In a bridge house, everyone is supposed to take responsibility for themselves and for the shared space. I wanted to face up to my messed-up patterns and find out what a responsible, adult life in community can look like. I had heard that moving into a community was not for everyone and that it was not for everyone and could I then afford to live in a location directly on Lake Constance and the possibility of an adventure, as I had previously had good experiences with sharing my box.



¹, for example on my trip to Australia. At the beginning of October, I sat on the train, with a lot of excitement, but also courage for an adventure.

2. Arrive

In the first few weeks, during the familiarization phase, I mainly noticed a lot of insecurity and adaptation to other people's boxes. Although I felt warmly accepted and welcomed by everyone, I was still afraid of being judged and perceived as incompetent. My strategy was to hide behind the mask of the nice girl. I did housework thoroughly and was careful not to make mistakes. Instead of suggesting something myself, e.g. what I would like to eat, I gratefully accepted the suggestions of others. When it became clear that remodeling the kitchen was going to be a major construction site, I bravely endured the situation instead of venting Kathrin. I felt the same way about my disappointment at Kathrin's frequent absences due to her work. I was aware that there was an emotional fear behind it. I was also able to communicate this fear and in a healing process I was able to recognize that I was predominantly **in the child ego state**². I realized how much my behavior was limiting me and asked that others mirror me when they perceived me in the child ego.

It also revealed another issue that has caused me great difficulties all my life, namely **decisions**. Even an impending decision triggers a lot of anxiety in me. When I arrived, Kathrin asked me if I would like to take part in the Feelings Practitioner Core Lab. It took me 4 weeks of daily wrestling with myself to realize why I couldn't make this decision until the very end. It was impossible for me to make a decision from the child-me state and the adult was torn between the pros and cons. In the end, I was able to take a new step towards the coaches and found a yes. It was a learning process for me to take responsibility for my decision alone and to see the positive sides of my decision. In later decisions, I was able to learn to invite more lightness and joy into the process. Once I even danced with the decision and took some of the pressure off myself.

Depression is my central survival strategy, i.e. I have adopted the habit of depriving myself of energy instead of allowing my feelings. In PM there is an assumption that depression is caused by **mixed feelings**. A door into the swamp for me is a feeling of emptiness and futility when I'm not engaged in something. I then don't want to feel the anxiety, anger and sadness if I'm not getting reinforcement from the outside and feel useless. This is how I often experienced myself in depression at the Bridge House, which I fell into out of habit.

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- 1 According to PM, a person's box consists of their upbringing, opinions, assumptions, cultural imprints and thinking about what is right or wrong. The box thus limits a person to what they already know. It is a survival mechanism and allows people to stay within their comfort zone. Expand the Box training therefore teaches new methods for solving problems.
 - 2 In PM, it is assumed that every person has different ego states, e.g. adult, parent, child and gremlin. An ego state is a set of ideas, beliefs, attitudes and behaviors with which one identifies. Through initiatory processes, it is to live predominantly in the adult ego state, which is our most natural and free state.

escape. Small steps led to new experiences that nourished my five bodies. When I managed to communicate and my anger or sadness was acknowledged by others, my mood often changed quite quickly. When I was stuck in thought spirals, it was helpful to slow down and reconnect with reality. The **team gardening** was good for me and I also used other community activities such as the morning circle, dancing, singing and yoga to get out of my negative spiral.

3. Relationship experiences

I felt comfortable with Kathrin right from the start. We are the same age and have a lot in common. We established a daily structure with cooking, meals and check-in rooms. Our life together was harmonious, as we have similar boxing preferences and a similar level of closeness.

I felt safe. Really showing and supporting ourselves in a new culture required many small steps. I remember two situations in particular:

In a conversation 3 weeks later, we talked about Kathrin's fear and sadness at wanting to save me. The fact that someone wants to save me triggers anger and sadness in me because I don't see myself as a victim and I feel afraid that people will distance themselves because of this. I heard from Kathrin that she wanted to talk to me.



and wants to empower me to show myself more. For example, she let me to her while she was working on the computer in her room, because she could draw a line for herself at any time. So part of me had heard that it was okay to disturb her and make mistakes. In practice, I now got over myself more often, although I still found it difficult to "go over the top" from time to time.

After four weeks of living together, a pack of open tofu in the fridge and the question of who would have been responsible for consuming it finally led to me defending myself and opening a **relationship clarification**. We spent an hour telling each other everything we'd dared to say before. Kathrin hadn't my insecurity, I had covered it up so well. We told each other how we avoid closeness, e.g. by escaping work and not allowing ourselves to be in need.

At the time of the Bridge House, I was changing my immunotherapy for cancer to a therapy with more side effects. It was important to me that I took responsibility and that I could learn to ask for help if I got into a crisis because of this. When I came back unhappy from an appointment at the hospital, Kathrin gave me the option of taking a trusted person with me to the next appointment so that I could have a new experience. When Mareike turned me down for this, I reacted with resignation. As fate would have it, the morning I went to Constance, I was on a train with Mathias.

who was already informed about my therapy and who spontaneously offered to accompany me to the hospital. The time flew by and I was inspired by the depth of our conversations.

At times I was alone with Kathrin in the Bridge House, which was limiting as we were not able to challenge and coach each other very much. It was helpful to have other people familiar with PM at our side at this point. One of them was Christine, with whom a new theme emerged: I hoped for a long time that she might take an interest in me and take the first step, as my Gremlin³ prevents me from doing what she does naturally: taking up a lot of space. Instead, I felt like she treated me like air. At the back, I started to vent to other people about the weaknesses I saw in Christine. During the intimacy lunch, I was able to tell her that I didn't feel seen by her, which led to a beautiful encounter.

Another relationship arose with Nicole, with whom we went on a trip to Lucerne to give an introduction to Possibility Management. My experience was that Nicole reacted to my Gremlin strategy of taking offense by removing me from the group with her Gremlin, which took up all the more space. I spent the whole weekend feeling unwell and secretly hoped that Kathrin would rescue me. It wasn't until I arrived in Glarisegg that I was able to talk to Kathrin in detail about what had gone wrong for me. I felt sad that I had not succeeded in inviting Nicole into a new culture of cooperation. This is mainly due to my childish fear of asserting myself to certain people and my assumption that I can't confide in anyone.

With Gian Luca, a volunteer in the garden, I learned that I really appreciate slowness. In our first encounter in the garden, where I shyly asked something and he simply stood still for a long time and waited to see if I had another impulse, as an invitation to seek contact. This resulted in regular activities that I helped to organize myself, such as baking bread together.

During Julianne's visit, it became apparent during a two-day absence by Kathrin that the room was not safe enough for two people coming in with old injuries or traumas and that a third person would have been needed to hold the room for clarification. At this point, I was clearly overwhelmed and was able to communicate this afterwards.

4. Challenges

After a few weeks at Bridge House, I noticed how I started to lower my numbness threshold more and I slipped into constant anxiety. There were too many challenging situations in too short a time that were no longer calming my nervous system and causing me toxic stress and self-rejection.

By retreating into nature

3 Gremlin is the part of PM that does everything that was necessary for us to successfully survive as a child. This is why we also talk about survival strategies. If we don't consciously have our Gremlin "on a leash", then he is up to mischief in our lives as the ruler of our own shadow world and sabotages us. Originally it wanted to protect us, so it is neither bad nor evil, as the name .

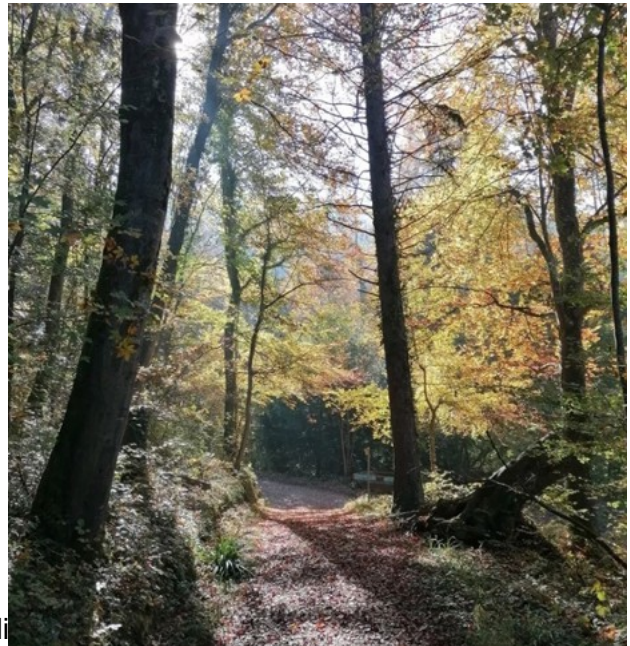
and spent more time alone, this condition calmed down again. So I experienced the daily visits to the **forest** as a resource.

Im also aware that I have put a lot of plasters over my feelings.

Living closely with people in a bridge house leads me to describe my experiences so far on the subject of **developmental trauma** and transformative spaces.

I was born in 1980 as the second child. My childhood was normal without any particular incidents and my parental home was characterized by external stability. Our family togetherness functioned as an emotionally numb space in which neurotic was communicated. My family also lacked the ability to communicate with them early on. Having a sensitive perception was rather difficult in such an environment. Carelessness also led to injuries, which made me withdraw even more. I was a quiet child and suppressed my impulses more and more out of insecurity and defiance. When feelings came to the surface, it was in the form of outbursts of anger, which my parents were helpless to deal with. At some point I was even ashamed of my joy, as if it were something indecent. In recent years, I discovered that my parents were children themselves with very fine antennae and had separated themselves from themselves early on in order to function smoothly for their environment. According to the psychoanalyst Alice Miller, this is a mechanism of repressing one's own feelings from generation to generation.

Generation. Most people in Western culture have grown up believing that feelings are a sign of weakness and that it better to be a deaf ear than to allow "negative" feelings. Today I have an appreciation for the survival strategies I have used to survive so well. Today, I see it as my responsibility to develop my gifts and make something of what I have been given.



However, this was a long process because I developed little self-confidence and a healthy relationship with myself and others was not possible for a long time. When I am with people today, I feel many protective mechanisms. I realize how much I am used to talking about my feelings from an explanatory perspective. Talking about it is not enough to heal developmental trauma. Addressing the physical body, which has stored experiences, is just as important as creating as little pressure as possible. I have had good experiences with the method of honest sharing according to Gopal⁴ in a group. Before I started Possibility Management training, I went to a NARM therapy once a week, which in small steps improved my relationship with myself and others. strengthened people. Without these experiences and the und have been more driven.



Sometimes I have the feeling that even in PM there is an opinion that only the intense experience of strong feelings will take you further. In the Feelings Practitioner Core Lab, I was able to accept the fact that when I was practising with new people, I initially felt predominantly afraid of engaging in new encounters. I took away many new experiences from this training.

5. Let in

After about 4 weeks, I marked the second phase, in which I was able to get more involved and more intense experiences occurred. During this time, Jaqueline came to Bridge House and invited me to pause and listen to what I was feeling when I was in my head. She also invited me to be more open present with my feelings and needs. Martin and Christine, two experienced coaches, often visited us at PM during this time, which also had an impact on the intensity of the rooms. When the idea for an Intimacy



Lunch for the first time, I initially reacted with rejection. Jacqueline gave me an experiment to explore this fear further. In the end, I this topic to the Intimacy Lunch. There, for the first time, I was able to allow my sadness in a group of people, which was a new, healing experience for me. I was given space for my feelings in a way that I had never experienced before. Significantly, this experience took place at the dinner table, which I had memorized as a dangerous place in my childhood, as neurotic communication took place there and I

- 4 In this method, which is used in a group, each participant can talk undisturbed for 10 minutes about their thoughts, emotions and body sensations at that moment. The others listen empathically. This is a healing experience for many people, in particular it can heal the nervous system, which is in a permanent state of tension due to traumatic experiences.

had to keep my numbness threshold⁵ high.

With Angelika, a woman from my mother's generation, I had intensive experiences of engaging in relationships in which I was able to accept her as a trusted person. The crash we experienced at the end when our Gremlins attacked each other was particularly formative for me. It was a painful experience for me that I had often been unable to resolve. Thanks to Kathrin's mediation, we had an open conversation, which enabled us to reconnect and gave our relationship a foundation.



In the last two weeks, despite wanting to take a deep breath and have time to integrate, I agreed to shorter visits from Juliane and Qinu without clarifying with Kathrin how much responsibility I wanted to take on. So I left things to chance. This resulted in situations in which I was unclear, exhausted and negative. Looking back, I realized that I had suppressed my anger and fear of being overwhelmed instead of putting it on the table right from the start.

6. What do I want?

The farewell phase was characterized asking about possibilities for my current life situation, especially the desire to live in a community and to find a meaningful task that corresponds more to my being than my learned profession. Above all, I was given the message to get more involved in shaping my own life and to my wishes for another Bridge House that I can help shape. I am excited to see which doors will open for me. Stefanie gave me the valuable advice to not just look out for princes, but to take people as they are.

Thanks to the many challenges I have overcome, I feel more self-confidence and a higher degree of self-responsibility in shaping my life and relationships. I have been able to exercise the muscle of helping myself or others for opportunities without them taking it from me. I have gained more clarity about what qualities I bring to the table and what people appreciate about me. I give my Gremlin a lot of control

5 A high deafness threshold protects people from remaining passive in frightening situations, e.g. when exposed to noise. This is why many people in modern society have a high deafness threshold. With practice, it is possible to lower your own numbness level and consciously feel again.

For example, it lets me remain passive and wait-and-see instead of actively shaping my life. I want to change this through the 12-week Gremlin Transformation in a small group that I have just started. Living together in the Bridge House brought motivation and daily structure, which I am now allowed to provide for myself. For example, I want to be more consistent with my meal times and plan shopping and cooking for myself just as carefully as I did for the group.

In addition to the strenuous phases, there was also plenty of fun and celebration, for example at the pizza and games evenings. Part of me really enjoyed it when there was a lot going on and I was sometimes thrown into a new situation unplanned, e.g. coming up with a program for the taster group or inviting people to my farewell snack with homemade cake. Sometimes I could feel the lightness in doing and being that I packed away as a child. There were also moments when I was completely with myself, e.g. harvesting and cooking salad. In the appreciative and lively atmosphere, I was able to recover, recharge my batteries and heal old wounds. I am very grateful to all the people who could not all be mentioned.

