

Multiple Conscious Identities

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(Revised: 22. October 2014 by Clinton Callahan)

FORMAT:

Process type:

Duration: whole training

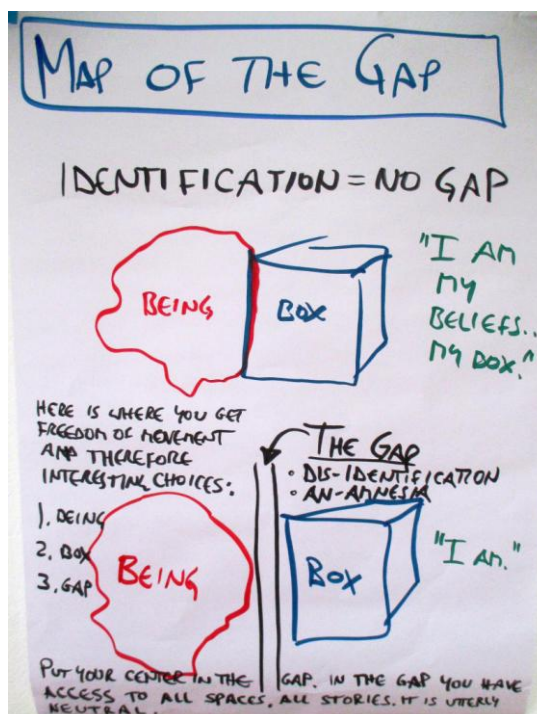
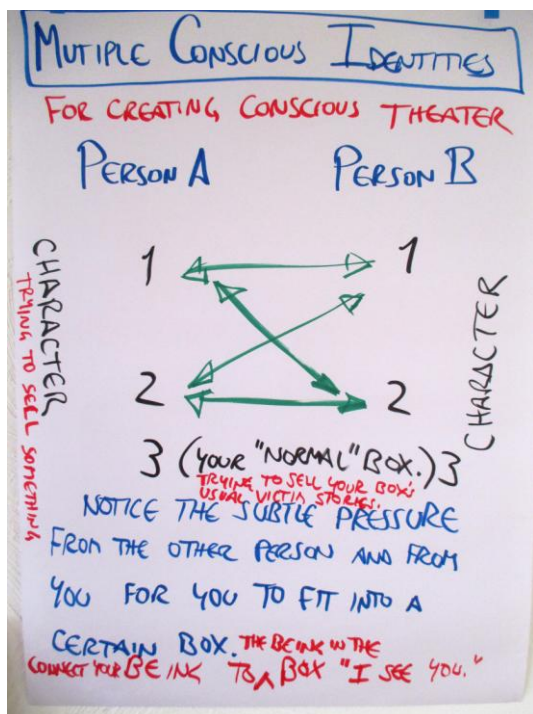
PURPOSE:

Become aware of the different identities of your box and use them for creating conscious theater.

SETUP:

INTRO / BACKGROUND:

Each of us has multiple identities. The question is whether we are aware of them or identify with them.



INSTRUCTIONS / PROCEDURE:

PART 1:

Write down the aspects of 3 different identities your box has, e. g. the bored one rolling the eyes and denying everything, the enthusiastic one, etc. By writing down the aspects you make them conscious.

The third one is your “normal” Box, the one trying to sell your boxes usual victim story.

Have participants read out loud the 3 identities they picked.

PART 2:

Get together in pairs

Person A tries to sell something out of character 1. Person B reacts with their character 1.

Person A tries to sell something out of character 1. Person B reacts with their character 2.

Person A tries to sell something out of character 2. Person B reacts with their character 2.

Notice the subtle pressure from the other person and from you for you to fit into a certain box.

Then connect your being to the being in the other person’s box while they are talking. “I see you”.

Then change roles.

Have participants consciously act out their 3 different characters consciously throughout the training.

DEBRIEF: