

Imagination

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FORMAT:

Dyad process

Duration: 30 minutes

PURPOSE:

Accepting imagination and reconnect to it.

SETUP:

Dyads spread in the room and sit or stand facing each other.

INTRO / BACKGROUND:

We struggle against our imagination instead of accepting it.

INSTRUCTIONS / PROCEDURE:

This is a Go! or Blocked! exercise. You will get feedback on whether you use your imagination or whether you block it.

Ask people the following questions:

- Imagine a box. What is in it?
- Name some objects
(say whatever occurs to you. It does not have to be original)
(Coaching: "Have you any idea why you've blocked?")
- Say a word!
(Coaching: "That's not the word you first thought of.")
- What is the opposite of starfish? Answer! Say it!
- Imagine taking something off of a shelf. What is it?
(Coaching: "What did you first want to take?")
- Invent a name for a stone.
(Coaching: "What is the name you first thought of? Accept the first idea.")
- Take something out of your pocket. What is it?
(Coaching: "If you are worried, you have to think first. If you play, your hand makes its own decision.")
- Put your hand into an imaginary box. What do you take out?
 - Put both hands in.
 - Put your hands into the far corners.
 - Feel about in it.
- Reach for something behind you.

People who say yes are rewarded by adventure. People who say no are rewarded by safety. There are far more NO sayers. We can learn to behave like the other type.

DEBRIEF:

Ask the participants to share about their experience.