

Interior Design

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FORMAT:

Individual diagramming process in 2 Parts.

Duration: 105 minutes (Part 1 takes 45 minutes. Part 2 takes 60 minutes.)

PURPOSE:

Redesign your interior experience of how things are in your life.

SETUP:

Participants sit in big circle and need paper and pen.

INTRO / BACKGROUND:

- A worldview is the way we put together how everything looks like to us in the world. It is our set of beliefs about how our lives are supposed to be, how men are supposed to be, women, jobs, etc.
- Our belief system/world view is our first and ultimate creation. It is a map of our interpretations of our experiences of life.
- Our world view is not true, but it has worked. We know that it has worked because we have survived.
- Our world view is a completely closed system. There is no way out of it.
- This has nothing to do with good or bad, or right or wrong.
- We create our map for how we relate to the world. From then on the map then creates our reality for us.
- We think the map is who we are. We are identified with our map because the map is how the world shows up for us. Everything happens according to the map so we have no concept of how fabricated that is, of what a fiction our map is, how arbitrary.
- We have no idea how different our world view and resultant life experience is from that of someone who lived a mere 100 years ago, or who lives in a third world country. The clothing fashions from 10 years ago feel completely foreign, even though back then it seemed perfectly normal to us. You can feel the foreignness of something as subjective as clothing fashions.
- Our worldview evolves through time but we don't know it because we are in it. This shows both how flexible our worldview is, and how deluded we are thinking of it as being real and solid. Because we are in our environment and the environment changes, we change with it and we don't know it. We are creating it along the way through agreement. When we see enough advertisements for the latest styles, then we agree that THAT IS HOW IT IS, and suddenly it is as if it has always been that way. This is how the mind works.

INTERIOR DESIGN PART 1:

INSTRUCTIONS / PROCEDURE:

- We are going to do a graphic process.
- Grab some crayons and start to diagram what it feels like to be you. This is not about thinking about what it is supposed to be like to be you.
- I will be saying a series of words. As I am speaking each word, you will have an experience in your body. This will be the same experience that you have had in your body in reaction to that word forever. Let your body move to graphically represent that experience on the paper in colors and shapes and forms and textures and symbols, and there may be an occasional word or two. There is no analysis involved in this process. Graphically represent your internal experience of your day to day life. Just go.
- Let the raw feelings come out.
- Be bold. Diagram how it REALLY is for you.
- Make a graphical representation of your internal experience, your relationship to the world. What is it like to be you? What is your world like? (Not a history of what is important to you, not ideas.)
- This is how you have survived. (This is not about thinking or analysis. It is a pictorial diagram of an experience)
- How it is for you. No right or wrong. You wake up in the morning and this experience is there. It has always been this way.
- Please do not draw on the walls.
- Don't think about it. Don't try to figure it out. Right now, put your experience on the paper.

The Scenario:

- The alarm rings in the morning.
- It is raining outside.
- You already know what your day contains - the same as yesterday and the day before.
- You open up your closet and you have the same clothes.
- You go to your car and it is the same car.
- You drive down the road and the brakes squeek and you need new brakes on the car.
- And you think about how much money you have on your credit cards already.
- And the phone bill.
- And the electric bill.
- And your rent.
- And your grocery bill.
- And you come to a traffic jam, and the guy in the pickup truck behind you is honking his horn at you because you are in front of him.
- Some guy in his little red car cuts in front of you and slows down.
- And you are late for your appointment.
- You look at your watch and the time is ticking by at another red light.
- Tick tick tick tick, your life is going by one second at a time. One day at a time.
- There is nothing you can do to stop it or slow it down.
- It is relentless.
- This is the only life you get and it is going by - tick tick tick.

- And you get to work, and there he is. The same jerk who has always been there.
- Leaning over your desk, demanding the same thing as always.
- And the phone rings.
- And your IN box is overflowing with important messages and faxes that you have to respond to right away.
- And you try to get your desk drawer open and it is stuck.
- You try to use the phone and it is busy all the time, beep, beep beep.
- And the time is going by, tick, tick, tick.
- You are drawing your internal experience of this.
- How is it for you?
- How do you process this stuff?
- How does it come in, and what happens for you inside?
- Just what it is.
- How does it feel?
- What is it like for you?
- Life is happening.
- There is noise out there.
- The air conditioning is blowing cold air.
- Your stockings itch.
- Your tie is tight.
- Your watch band itches.
- Your glasses hurt your nose.
- You've got a cold and you are sniffing.
- And the tissue paper is too thin and disintegrates in your hand when you blow your nose.
- The phone rings again. It is your mother!
- She wants to talk with you.
- She says, You've lost weight.
- The salesman comes to your office, and he wants to sell you pipecleaners.
- You don't need pipecleaners.
- The repairman comes to fix the faucet and he won't stop talking to you.
- He wants to use your phone and he stinks.
- And he is getting ear grease on your phone.
- And he wants to take you out for a date. The guys included.
- And your boss comes in and says, do you have the report done yet?
- And the jets keep flying over making a loud noise.
- And you don't you to have the answers that people keep wanting you to have.
- And you just remembered that you forgot to feed the cat.
- And the phone rings again, ring, ring, ring.
- And the coffee burns, boils dry, and the smoke comes out and it is your fault and it stinks the whole office up.
- And everybody knows that you did it, again, the second time this week.
- And the trains keep going by and shaking the whole building.
- Finally the office quiets down a little. You are just about ready to get some work done, and it is time to go home.
- They are doing road repairs again. There is a detour. You get lost.
- You have a date with someone you really wanted to see, and you are late.
- And your back hurts.
- And the baby is crying.

- And you finally get home.
- And it stinks like dog manure.
- And you look down and realize that it is on your shoe and you have been smearing it all over the carpet.
- The cold pizza in the refrigerator is moldy, but you don't notice it until after you have eaten three bites.
- You try to squeeze some toothpaste out and the tube splits all over your hand.
- The dental floss breaks and gets stuck in your teeth.
- You are out of toilet paper.
- You go to bed, and you have to figure out if you are going to set the alarm or not.
- To do the same thing all over again the next day.

INTERIOR DESIGN PART 2:– Whole Group Graphic Process (60 minutes)

INSTRUCTIONS: (30 minutes)

- This is an experiment: If you could redesign your interior experience of the world to better fulfill your destiny, what would the new experience be like? How else could it be for you? (Not good/bad, right/wrong, “should”). Just another possibility for yourself. Draw it on a new piece of paper.
- Do not hesitate to ask if you can interrupt someone while they are drawing and indicate that what they are creating is actually the same thing that they created before. Invite them to start over and to try something completely different.
- Re-design your internal experience. Design a new structure that takes into account all of the same forces and factors. Consider making the design more simple, whole, smooth, flowing.
- Let the design have a new purpose (something other than survival) and a new function (other than defense, separation, control, manipulation, revenge, attack, protect), new relationship.
- Put words in, too (new reference points).
- Give this new design a name – the function of the structure.

Distinctions:

- You can have it any way you want it.
- Creating possibility for ourselves
- Bringing the background conversation into the foreground
- Give the old design and the new design distinct names.
- After it is done, you have an option that you did not have before. In every moment you have a choice, which design do you fulfill?
- It is very easy to tell which design you are serving, the old or the new. The new design has a different feel.
- Your life could be about creating what matters to you – being your destiny in action.
- Two things cannot occupy the same place at the same time, it is either the old or the new. If it is not conscious, it is the old.
- Sometimes you must make nothing out of something before you can make something out of nothing.

INSTRUCTIONS: (15 minutes)

- At first the new diagram does not have any mass or solidity.
- Learning goes through four stages:
- Unconscious incompetence (how we were before beginning the training).
- Conscious incompetence (how we were after the feedback loop).
- Conscious competence (how we will be if we make the effort to practice our new skills and to be in the new diagram).
- Unconscious competence (how we will be when we have mastered this step and are ready to take another step). This is also called being reliable.
- Write out 5 specific measurable exercises you could do on a regular basis which could build the maturity and weight of your new design.

Distinctions:

- If the exercises are not specific and measurable they are not real.
- If they are not at least a little bit uncomfortable, they will not make a difference.

DEBRIEF:

From now on it will be easy to determine which diagram you are serving. Whether you are creating in each moment serves your original diagram or the new diagram. Which do you choose?