

## **Pegs In My Life Initiation**

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(Revised: 04.08.2016 by Michael Pörtner)

### **FORMAT:**

Process in pairs (or in groups of 3 with the possibility of providing coaching)  
Duration: Whole evening or 2 sessions including the intro, map presentation, stage-work, and debrief.

### **PURPOSE:**

- Perception of your Box
- Identification of behavior patterns, limiting beliefs
- Detection of emotional topics
- Distinction between box and being
- Possibility speaking
- Release of potential by expanding the Being with stage-work  
("A possibility management trainer ignites the capability to live what is waiting to show up through us." Clinton Callahan)

### **SETUP:**

Pairs spread in the room and sit facing each other. They have writing stuff available.

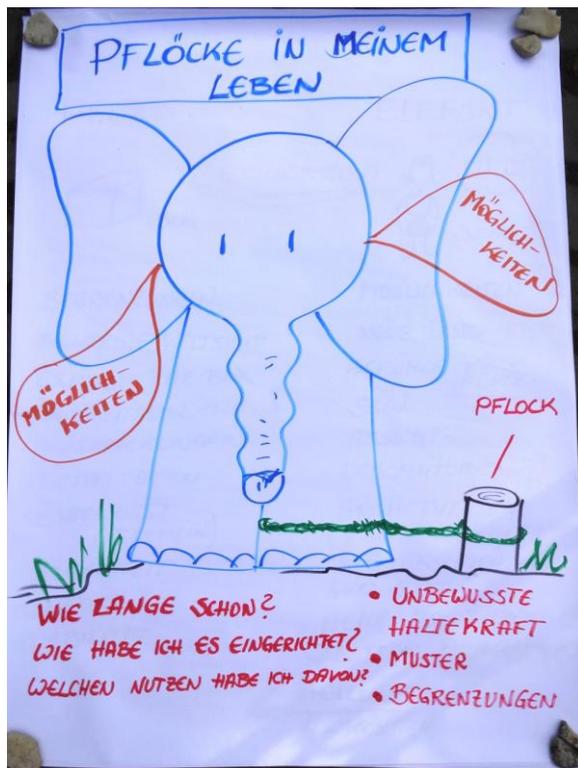
### **INTRODUCTION/BACKGROUND:**

We are like circus elephants that have been tied to pegs in childhood that prevent the elephants from escaping. The defenseless, new born elephant first tries to free itself. Although the iron chain is heavy, the peg has just been driven into the ground. In each moment the elephant tries to pull, to push and to lean against the peg. They try really hard and still they don't manage to get the peg out of the ground. And one fateful day the animal accepts the helplessness and goes along with this tied up state. This state leads to the fact that even huge, powerful elephants don't flee, because they think that they can't.

The Argentine writer Jorge Bucay reports about this and also about the observation of why the adult elephant keeps being tied to the peg, although – from an external perspective – it would be easy for them to get the peg out of the ground. According to Jorge Bucay „*the memory of how helpless the elephant felt shortly after birth has been burnt too deeply into their memory. And the really bad thing about this is that the elephant never again seriously questioned this memory. This is apparently the reason why the animal stayed where it was and never again tried to test its power.*” (Extract from Bernhard Moestl, The Way of the Tiger, Knauer Publishing)

The example of the elephant can be applied to humans. Also humans are tied to such pegs. Just like elephants we believe in these limitations and even defend them. "I tried everything, but it doesn't work, so I have to accept it."

We train to take this state for granted, defend it, become victims of these pegs and build our stories around them by finding evidence. Then we are convinced and unable to change them. The being can then no longer unfold its full potential.



## INSTRUCTIONS/PROCEDURE:

- In each pair both write down individual answers to the following questions:
 

**Pegs that I accepted unscreened are...**

  - Make a list (at least 5 pegs)
  - Describe the helplessness/inability/block. Name the details.
  - Since when do you have these pegs?
  - Optional: When have you last checked how deep the peg is actually driven into the ground?
- Partner A (Nacktschnecke) shares their discoveries with partner B (Tintenfisch) and also tells what their benefit of each peg is. Partner B listens. Change roles.
- Each partner picks one peg of their list, which they want to pull out of the ground.
- Partner A gets possibility, feedback and coaching from partner B. Change roles.
- Then refine the realization and make it more specific: when, how and which possibility do you choose?
- MAIN PROCESS: Create stage-work for each person to be faced with their peg in real-life situations with 2 purposes: (20 minutes per person on stage, with others to role-play the characters in the Break Free and Expand the Being work.
  - BREAK FREE of the peg – prove it is only a false debilitating childhood memory. That the peg is not really holding them back anymore.
  - EXPAND THE BEING into new territory – take up new creation space with free behavior and explorations. Create results that were previously impossible due to the belief in the existence of the peg. With encouraging real-time feedback and coaching from the team.

**DEBRIEF:**

Participants share their experience in a big circle

If necessary draw 2<sup>nd</sup> map as shown above

If necessary let participants use their voice blaster, do rage work with stick and cushion or do chair work (individual feelings process).