

## **I WANT YOU TO KNOW**

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(NOTE: Possibility Management is open code thoughtware. The copyleft notice affirms that this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)

**FORMAT:** This initiation is done sitting facing each other in pairs. This Break In Certainty Presencing process was reported by Tom Atlee in his [Think Pad newsletter](#).

**PURPOSE:** Very often when we're in conflict, we don't actually know what the other person is thinking and feeling, the stories they're telling themselves (about us, themselves, whatever happened, and so on), or the things they're wanting or needing. All we really know is how we see them behaving. Beyond that, we are caught up in our own thoughts and feelings and desires and the stories we're telling ourselves about who they are and what's motivating them. And, sadly, the same is true for them.

**BACKGROUND CONTEXT:** Tom Atlee writes: *"I Want You To Know" is a very simple form of exchange that creates a 'time out' in which both parties have a chance to clarify all these unknowns that are dancing inside them and between them.*

*I was introduced to this practice by my late partner Karen Mercer (1944-2010). We used it quite a few times to help us navigate our own relationship difficulties.*

**PROCEDURE:** Each person takes 5 minutes to tell the other something they want them to know, always starting with the words *"I want you to know..."* Each statement is only one or two (or a very few) sentences long.

The other person acknowledges hearing the statement with a simple "OK," "Thank you," or other neutral or appreciative acknowledgement, but nothing more.

Sample conversation:

*"I want you to know that I hate it when we argue like this."*

*"Thank you."*

*"I want you to know that when I have strong feelings, I wish to hell you would just shut the fuck up until I finish talking!"*

*"OK."*

*"I want you to know that when all this started, I had a really bad headache and was feeling depressed and frustrated from shit that happened at work today."*

*"Thanks for telling me that."*

This goes on for five minutes, and then the two people switch roles.

The cycle repeats until an agreed-upon time is up or until both parties feel better about the conflict and each other.

The listener can take quick notes about what the speaker has said or about things that come up for them to say during their turn. They can ask for a (short!) pause in the exchange to make such notes. If the five-minute limit is felt by both parties to be too long or too short, they can agree on a different time period.

If the standard five-minute time limit is used by two people with no pauses, the pair can cover six rounds in one hour. Often there is a major resolution after just a few rounds - a meaningful realization about what was going on for each of them and/or an easing of conflicted feelings, thanks to both feeling more heard and understood. Usually each round shifts how the parties think and feel, at least a bit.

Either party can end their turn before 5 minutes (or end their side of the process) by saying, "*I'm done*," or "*I'm done for now*." On the other hand, if something comes up after they thought they were done, they can say, "*I have more I want you to know*," and claim the next turn.

Obviously, the more seriously the parties take themselves, each other, and the process - and the more thoughtfully and compassionately they acknowledge each other - the more powerful the process can be. But even done relatively shallowly or briefly, this process can have a positive impact.

#### **COMPLETION AND WRAP UP:**

Users should realize that the disciplines of starting with "*I want you to know*", doing clean (not charged) acknowledgements, and maintaining the ritual's time limits and communication constraints help keep the interaction from turning into a harangue or firefight.

This process provides a 'container' for intense declarations and feelings, creating a space – as big or small as the parties can create – for both of them to actually hear each other. At the very least, it is an opportunity to clear the air.

You can also use this process to fairly and deeply share thoughts and feelings when there's no conflict, just to enrich the relationship. And you can adapt it to include more than two people.