

The Gap – Stay Unhookable

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(Revised: 01. September 2011 by Nicola Neumann-Mangoldt)

FORMAT:

Dyad exercise.

Duration: 30 minutes

PURPOSE:

Learn to make a gap between the inner and the outer world.

SETUP:

People get together in pairs and spread in the room.

INTRO / BACKGROUND:



You might have an opinion, but not say anything.

What's in the gap? – Nothing

What's possible there? – All/Everything

The gap gives you the possibility to stay unhookable. If you are hookable, then your buttons can be pushed and emotions be triggered. Without a gap, when somebody

says something, your own opinions, thoughts etc. will be relevant and you will tell them. Without a gap, the other person cannot NOT speak. You cannot just be.

With the gap the mind will still do his stuff, but you don't have to say anything. The gap is not the same as being centered, although it is easier to stay in the gap when you are centered.

INSTRUCTIONS / PROCEDURE:

- Get together in pairs.
- Person A makes a gap.
- Person B tries to make person A laugh by using the gremlin.
- No spitting or touching
- Approx. 3 minutes per round.

DEBRIEF:

Ask the participants to share about their experience.