

Radical Responsibility For Feelings

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(Revised: 16. September 2013 by Clinton Callahan)

FORMAT:

Groups of 2

Duration: 60 minutes

PURPOSE:

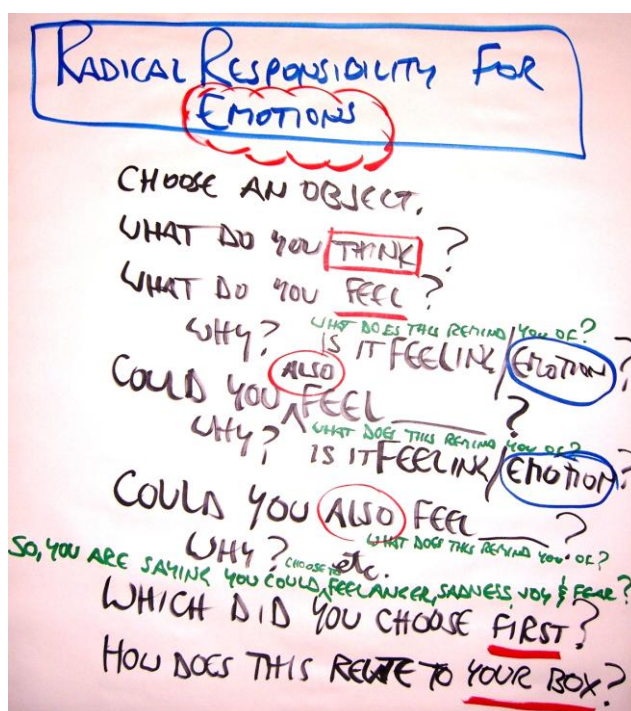
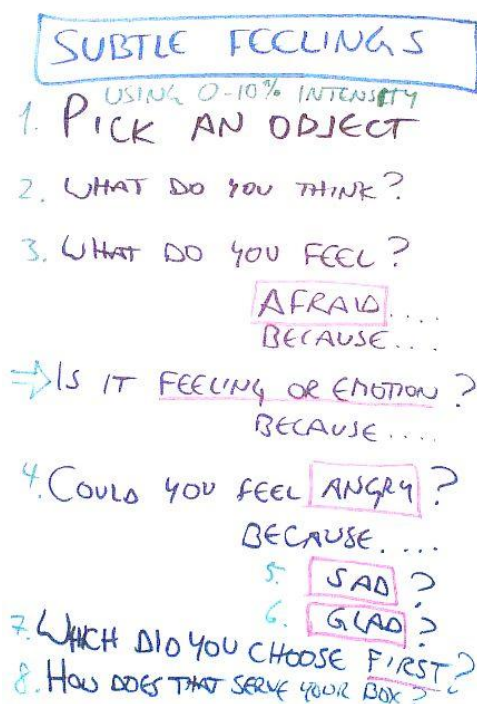
Learn to feel subtle feelings.

Realizing that all subtle feelings are emotions.

SETUP:

People get together in dyads, spreading in the room, sitting facing each other.

INTRO / BACKGROUND:



It is important to note that also 3% feelings are enough to realize the difference between feelings. Lower your numbness bar so that you can feel 2% of feelings.

INSTRUCTIONS / PROCEDURE:

a) Subtle feelings about an object

- Get together in groups of 2 facing each other in chairs.
- Coach picks an object in the room and asks the client the questions shown on the map.
 - You ask, *What do you think about this object?* The other person tells you their thought.
 - Then you ask, *What do you feel about this object?* The other person tells you what percent of which feeling they feel.
 - You ask, *Why?* They tell you an association story.
 - You ask, *So, is this a feeling or an emotion?* (At least for the first five years of feelings work it is always an emotion.)
 - *Could you also feel* (one of the other feelings: mad, sad, glad or scared) *about this?*
 - *Why?*
 - *Is this a feelings or emotion?* (Emotion).
 - Repeat the last three questions until they have felt all 4 emotions about this one object. Then you ask, *So, you are telling me that you can feel mad, sad, glad or scared about this object?*
 - (Yes.)
 - *Which did you choose to feel first?*
 - (They remember and tell you.)
 - *How does choosing to have that emotion about this object first serve your Box?* (They tell you a bit about their Box strategy.)
- Then go to the next object.
- **10 minutes per person.** Then switch roles.

a) Subtle feelings about a person

- Get together in groups of 2 / change partners.
- Client goes into subtle feelings about the other person
- “I feel sad, glad, angry, scared, because you...”
- **10 minutes per person.** Then switch roles.

Check-In in between and at the end.

DEBRIEF:

Ask the participants to share about their experience.