Radical Responsibility For Feelings

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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.

b) 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.