

Shape Shifting Exercise

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(Revised: ??? by Clinton Callahan)

FORMAT:

Groups of 3.

Duration: 60 minutes (15 minutes per person + feedback & coaching)

Note: must have copies of 18 standard boxes

PURPOSE:

- Stay unhookable, keep your center
- Connect, follow and support
- Get into the same box as them, because they will not come to you (be where the other is. Being with.)
- Go to where they are.
- Speak in their language

Result: Participants gain the ability to shape shift.

SETUP:

Groups of 3 get together with their chairs.

INTRO / BACKGROUND:

Uses of that skill are

- Being invisible
- Be accepted
- Be a leader
- Stay unhookable
- Stay in contact
- Accomplish goals
- Team building
- It destroys the illusion of differences
- For navigating space
- Ghost busting
- Creating transformation.

INSTRUCTIONS / PROCEDURE:

Demonstration I the whole group with feedback, coaching and examples from the trainer.

1. Person A leaves the room
2. Person B shifts identity to the next on list of 18 boxes
3. Coach coaches person B's shift identity, speech, posture, face, voice, tone (3 minutes)
4. Person A returns to room and person A sells something to person B by shape shifting to follow and support.

Important note:

Person A keeps one foot in sanity, in neutrality, and in their goal. They must know that the thing they are selling will make person B's life better. Then they use their other foot to shapeshift to be with B in their world. One foot in each world and their focus is on creating relationship, be interested, being with.

The coaches coach about giving center away

- When they get hooked
- How they stay in contact
- How they can go where the other person is.

DEBRIEF: