

## **Revenge**

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(Revised: 29. March 2003 Clinton Callahan)

### **FORMAT:**

Whole group process.

Duration:

### **PURPOSE:**

Detect and dissolve revenge strategy of the box that blocks your life.

### **SETUP:**

Whole group sits in a big circle.

### **INTRO / BACKGROUND:**

Most of us have a box that is shaped or formed in relationship to an enemy. The earliest and most accessible people to be used as an enemy are our parents. Our box functions according to its shape. One component of box structure is decisions, commitments or vows. Once the shape of the box is set to revenge for example, it does not change except by going through the liquid state.

Revenge is energetic. Revenge is still happening right now. It is experienced as “I win, my parents lose”.

This process

1. Takes you to the moments you decided to revenge.
2. Gives you the chance to make new decisions.
3. Gives you action steps to enact the new decisions and
4. Implements the action steps.

### **INSTRUCTIONS / PROCEDURE:**

#### **Step 1:**

Usually starts with one person leading the way into the liquid state by feeling the pain that their primary motivation in relation to their parents is revenge. If the child is unhappy, depressed, disconnected, unsuccessful or withholding, it is revenge on the parents, because what the parents want most is for their children to be happy and successful.

The parents are proved to be failures if their children are failing. After the strategy of the game has landed in the space, trainer asks “How many others have dedicated themselves to revenging their parents?” Let each person describe specifically how

they get revenge. Most people will speak. After the first round the trainer asks "Anybody else? Anybody who has not spoken yet?"

Coaching includes "when did you decide that? What happened? How is that revenge? Revenge is energetic: I win, you lose. I go you back. Ha!"

**Step 2:**

After everyone is clear about their revenge technology, trainer asks "You decided to take revenge long ago in other circumstances. Is this decision still influencing your life today?"

The answer will be "Yes." (Everyone answers together)

Trainer asks "Would you like to make a new decision?" (Yes.)

"What would the new decision be?" (Everyone answers together)

**Step 3:**

Trainer says "Please write down your old decision, your new decision and action steps that you could take to implement the new decision." (Give some examples)

**Step 4:**

Trainer says "let's take a break. On this break the game is to do as many of your action steps as possible. Telephones are allowed."

**DEBRIEF:**