

Rumors – Making Rumors Transparent

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(Revised: 19th September 2016 by Nicola Neumann-Mangoldt)

FORMAT:

Whole group process

Duration: variable. Per conversation approx. 20 to 30 minutes

PURPOSE:

Making rumors transparent.

SETUP:

The team sits in a big circle. 4 chairs are put in the middle.

Have tissues and bucket available.

INTRO / BACKGROUND:

If you don't have a wholeness, your defects amplify. In our gameworld it is up to us to police ourselves. Lower the resistance to the transparency of rumors, then the rumors can be conducted and flow free. So we have a free flowing rumor network as our police force.

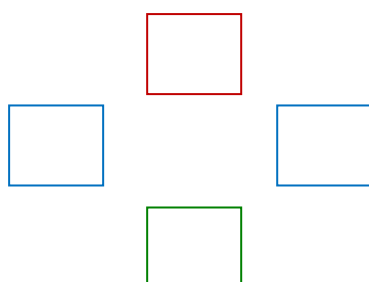
If you become conscious of being visible, even your Gremlin putting a sneaking whatever, it has results. This is the rumor karma, i. e. it comes back to you and will hit you.

We are self proclaimed trainers. It is necessary that rumors are made transparent.

INSTRUCTIONS / PROCEDURE:

SETTING:

Person about who the rumor exists
or person asking "does anybody have
a rumor about me?"



Spaceholders - Navigators

Rumor holder

- The 2 navigators (one woman, one man) sit in the chairs, facing each other.
- The rumor holder sits down and is welcomed by the navigators.
- The navigator says “So you have rumor. (yes). Who would you like to talk to?”
- Then the rumor holder says about which person they have a rumor.
- Navigator invites the person the rumor is about into the middle: “xy would you please come in the middle and take a seat.”
- The person, the rumor is about sits in the other chair and is welcomed by the space holders and the rumor holder.

PROCEDURE:

Then the conversation starts.

- The rumor holder says: “I heard a rumor about you, which is that you.....”
ATTENTION: The rumor holder should NOT say, where the rumor comes from!
- Then it is important that the rumor holder communicates their feelings: “Telling you this rumor right now, I feel...., because... . And I also feel...., because....”.
- Then the person about who the rumor exists, repeats back what they heard the rumor holder say.
- After that the rumor holder asks:
 - “Would you please tell me, whether the rumor is true or not?”
 - “If you are ready to say something about the truth of the rumor, I am ready to hear.”
 - “Can you say something about that?”
 - “In order to get to know you better, can you explain to me....”
- Then the person about who the rumor exists can say something, without justifying themselves. They also communicate their feelings, when hearing the rumor.
- The conversation might go back and forth, because the rumor holder might have further questions. They can then also say, what they feel after having heard the other person.
- At the end the rumor holder thanks the person about who they had the rumor.
- At all times the space holders/navigators pay attention that the conversation is free of low drama and that the feelings are communicated, both by the rumor holder as well as by the person the rumor is about.
- Examples for coaching:
 - You are not in contact with the person the rumor is about
 - Take your Gremlin on the chain
 - You are defending yourself by not communicating your true feelings.
- **TRAINER HINT:** this is not about feelings process. When e. g. the person hearing the rumor about them starts going into their feelings and directing towards processing, it is the task of the navigators to immediately stop this. This is about making rumors transparent and sharing authentically and radically vulnerable what the corresponding feelings are.

DEBRIEF: