

## **Stellating Anger - Cleaning Up Dodge City**

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(Revised: 31. January 2000 by Clinton Callahan)

### **FORMAT:**

Whole group discovery process  
Duration: 20 minutes

### **PURPOSE:**

To change the relationship between us and the voices in our heads from being hunted by the voices to becoming the hunter of the voices.

### **SETUP:**

Group is standing together in the center of the room.

### **INTRO / BACKGROUND:**

The voices in our heads are not our voice. They came from someone else. We heard these voices so often that we decided they were normal. Now, if we have not found someone to continue to say these things to us so that we can still feel like everything is normal, we say these things to ourselves.

### **INSTRUCTIONS / PROCEDURE:**

"Here in Texas, every person is born with a gun. Perhaps you didn't know this. Reach down and find gun. Pull it out. This gun is for shooting voices. You have an infinite number of bullets. You don't have to aim - the bullets automatically hit the target. Note that the voices are not in your head. They are in the air outside of your head. Shoot them there like this." (demonstrate)

"I am not smart enough!" "BANG!"

Read one of the following sentences out loud and instruct the people to complete the sentence for themselves out loud. What come out is one of the disempowering voices. Invite them to shoot it with their "gun".

Complete the following sentences out loud:

- I cannot make a difference in the world because:
- I cannot really be myself because:
- I cannot be big and powerful because:
- I cannot be a leader because:
- I cannot win in my life because:
- I cannot be successful because:
- I cannot be wealthy because:

- I cannot be totally relaxed because:
- I cannot be immensely happy because:
- I made a promise by being born. I cannot fulfill that promise because:
- I cannot be completely loved because:
- I cannot speak out my wisdom because:
- I cannot speak the truth because:
- I cannot be completely healthy because:
- I cannot ask for what I need because:

## **DEBRIEF**

Ask what people got from this exercise of shooting the voices.

Ask what people are feeling now as a result of shooting all of the voices (power, joy, freedom).