

Stellating Anger - Naiveté

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FORMAT:

Writing process + standing rage

Duration: total time 90 minutes

- Introduction: 5 minutes
- Writing: 10 minutes
- Sharing And Making Poster List: 10 minutes
- Sharing And Conclusion: 10 minutes
- Standing rage processes in groups of 3.

PURPOSE:

Detect technology of naiveté that keeps us from growing up and being powerful.

SETUP:

Participants sit in a circle.

Everybody needs pen and paper.

INTRO / BACKGROUND:

Each of us has developed a personal technology for keeping ourselves unaware of what it is that we want to create. We are master of the technology of naiveté. Through this technology we keep ourselves disempowered, victims with a ready justification for our powerlessness. Since naive automatically begets betrayal, we always have a ready persecutor to blame. We adopted these behaviors for staying naive in order to survive, because if we are naive then we are not a threat to others.

INSTRUCTIONS / PROCEDURE:

PART 1:

1. Writing:

Specifically, how do you keep yourself naive and unsuccessful? What are your favorite and most effective ways? Take 10 minutes and make a list.

2. Share and make a poster:

Possible answers:

- Keep ourselves in survival: with time, money, space, energy, sleep, impressions, order, food, love, attention, contact, etc.
- Stay too busy and overwhelmed.
- Give ourselves NO slack.
- Keep worrying. Keep paralyzed.
- Keep fearing, hating, loving, grieving. Sustain one and exclude the others.

- Keep thinking that this (whatever we are doing) is the only possible solution to life.
- Keep thinking that nothing else is possible.
- Keep in uncertainty. Keep doubting ourselves. Stay confused.
- Stay numb - out of touch with our anger, which is the energy that we could use to get clarity and make things happen.
- Stay separate - don't connect with others.
- Stay silent - incommunicative. Don't ask for what we need.
- Think in generalities - don't get specific.
- Focus on the future or the past.
- Don't make decisions yes or no, this or that, stop or go, now or never, this works or this doesn't work.
- Don't decide what we want.
- Don't declare what we want.
- Make no promises or commitments. Take no risks.
- Don't make distinctions.
- Give our center away. Place it in other people, or in the future or past.
- Procrastinate.
- Don't participate.
- Give false importance to details, chores and activities which do not move us toward creating what really matters to us.
- Don't speak the story of our vision.
- Assume someone else will handle it.

PART 2:

Instruction:

Remember, using these behaviors to sustain your naiveté is not inherently bad or wrong. However, these behaviors do create specific results. Since we are interested in results, we study these behaviors.

If you are able to notice that you have previously kept yourself naive by using these or other similarly motivated behaviors, or that you are doing it right now, or that you are about to do it, we suggest that you do not beat yourself up about it. Do not be critical and self-deprecating. This produces no change. This is because the original behavior and the self-deprecation are both part of the same conversation.

The way to gain the possibility of starting a non-naïve conversation for yourself is to learn to tolerate the experience of the motivating force behind the behavior. We are now going to experience the behavior's true purpose in perfect clarity. This can be a very intense experience. Clarity about what you are doing does not come without this intense experience. Discovering a new possibility only comes through clarity.

So, be aware of what the purpose of your actions is. Be aware of it and then be with it. Let something else arise. Use to make a new decision.

**Standing rage processes in groups of 3: What is your new decision?
10 minutes per person.**