

Stellating Anger - Saying What's Not Okay!

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FORMAT:

Buddy Speaking Process
Duration: 45 minutes

SETUP:

Chairs are set up in Buddy pairs, randomly but evenly spaced throughout the room.

PURPOSE:

This exercise is to give us a chance to get our voice back, our boundaries back, our ability to make distinctions back, and therefore an ability to trust our instinct and our intuition.

INTRO / BACKGROUND:

Anger is a tool we need to create clarity. Anger is an internal sensing that when properly engaged from the adult ego state, allows us to determine instantly what is okay and what is not okay, what works and what does not work, what is true and what is not true. We need these distinctions in our daily business lives because they give us the clarity about what to do. Without this clarity we do not have the power we need to serve as a leader.

Our anger has been shut down a long time ago because for one reason or another we decided it was not safe - either for us or for those around us. That decision was made long ago under different circumstances. The circumstances have changed. This exercise is to give us a chance to get our voice back, our boundaries back, our ability to make distinctions back, and therefore an ability to trust our instinct and our intuition.

INSTRUCTIONS / PROCEDURE:

- This is an all out, loud, intense experience that will open a big hole in your story about it not being okay to feel angry. This experience will lay a foundation for you to create a new and different future.
- Pair up with someone who you feel you can really commit to and dedicate yourself to. It could be your buddy, or it could be someone else.
- Decide between you who is the Speaker and who is the Coach. The Speaker goes first.

- This is an unreasonable process. It does not make any sense. (Say this over and over again.) You will have an opportunity to connect with your essential voice. You may repeat yourself. That is okay.
- This exercise is about commitment and passion, not about what you are saying. You will not need your mind, so you can turn it off.
- As a coach you are looking at someone, a human being who has been betrayed, abused, abandoned, who has problems just like you, failures just like you, dreams like you, (make it up, nurturing voice, this connects people up).
- Coach asks over and over again, "What are you angry about? What are you really angry about?" Demand an answer. Plead for an answer. Keep asking, knowing that there are many, many answers. Commit to your partner to go all the way with this. Put out 100%. Be 100% committed to your partner.
- When I wave the red flag, please come to a stop.

(Note: Have partner A answer for three minutes. After three minutes, stop and give both partners the opportunity to give and receive feedback about what they want and need from each other. Then start partner A again and have them answer the question for another 5 minutes. Stop. Pause. Switch Speaker and Coach roles. Start again. Say, We are going to go for it again. After the 3 minutes, do feedback again. Go for another 3 to 5 minutes. Then Stop.)

- After a short breather, say, "I am going to give you one more chance to move any resistance to being angry out of your body. Place your hands on the part of your body where the resistance is and let out a sound from that resistance. At the count of three let out one last giant shout, a short burst for about 3 seconds, and push all the resistance out of your body. READY? 1 - 2 - 3 - GO!"

Coaching:

- If you know that there is more that you can give, please go for it.
- Say, It is loud. How many people don't like loud noises? Good. you get to get over being stuck about that.. This is a bonus for you.
- Keeping the energy up is not reasonable. It is: GO! GO! GO!
- Say, Get out of your seat folks and move!

Distinctions:

- Feeling angry is one of four natural and appropriate and useful feelings. The other three feelings are sad, scared, and glad. You can see them on the Leader / Follower Chart.
- Your voice is not only for describing the world. Your voice is for creating the world.

DEBRIEF: