

Stellating Anger – Standing Rage In Teams

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FORMAT:

Team process in groups of 5 or 6

Duration: 90 minutes (4 minutes per person, 2 times)

PURPOSE:

To stellate anger.

SETUP:

Groups of 5 or 6 spread in the room standing.

INTRO / BACKGROUND:

If you are adaptive it means, you have given your center away. As an adult there is no reason to give your center and your power away. Your village needs you to have your center and your power.

INSTRUCTIONS / PROCEDURE:

There is one rule: Don't hurt yourself, don't hurt anybody else. Does everybody agree? Does anybody not agree?

Show special rage hold grip on client.

The role playing person has to be guided by a second person, gripping him/her at the arm.

1. First round: Pick a person representing your mother

One person after the other does standing rage with mother figure

2. Second round: Pick a person representing your father

One person after the other does standing rage with father figure.

DEBRIEF: