

## **Stellating Anger – You Are Adaptive**

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### **FORMAT:**

Groups of 4

Duration: 60 to 90 minutes

### **PURPOSE:**

To stellate anger and use its wisdom to give feedback about where a person is being adaptive.

### **SETUP:**

Groups of 4 spread in the room seated. Tissues and red cloths available.

### **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 away. Your village needs you to have your center.

### **INSTRUCTIONS / PROCEDURE:**

All 3 coaches speak clearly, loudly with over 50% anger to the client, indicating exactly when and how the client is giving their center away and being adaptive.

Examples:

- Where he puts his attention.
- How he is breathing.
- His posture.
- His timing for his speech.
- His tone of voice.
- What he is not saying.
- His lack of radical honesty (Befindlichkeit).
- His lack of ability to confront current reality.
- His attitude.
- His degree of contact with other people.
- The way he is listening.
- His way of smiling and laughing.
- His emotions vs. feelings.
- His experiential vs. verbal reality.
- Etc.

The client just listens (10 minutes) / or perhaps writes notes for future reference.

For wrap up (5 minutes) the coaches condense what was said and formulate it into a specific practice that the client writes down.

**DEBRIEF:**