

## Nonlinear Story Making

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(Revised: 11. January 2012 by Nicola Neumann-Mangoldt)

### **FORMAT:**

Dyad exercise

Duration: 60 minutes

### **PURPOSE:**

- Shifting the quality of energy running through our body.
  - Telling a different story
  - Shift interpretations

This shifts who we are being by shifting our quality.

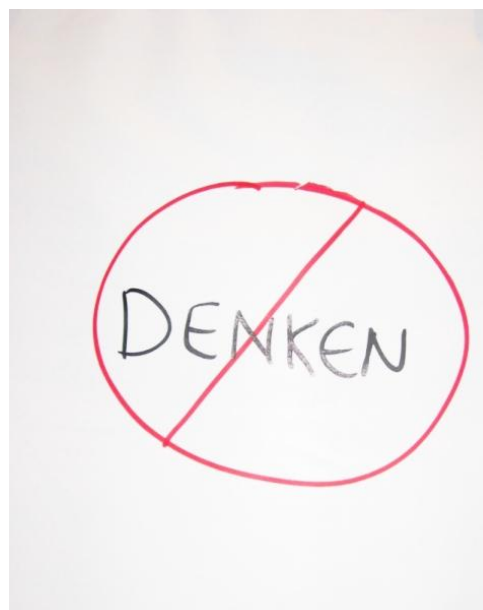
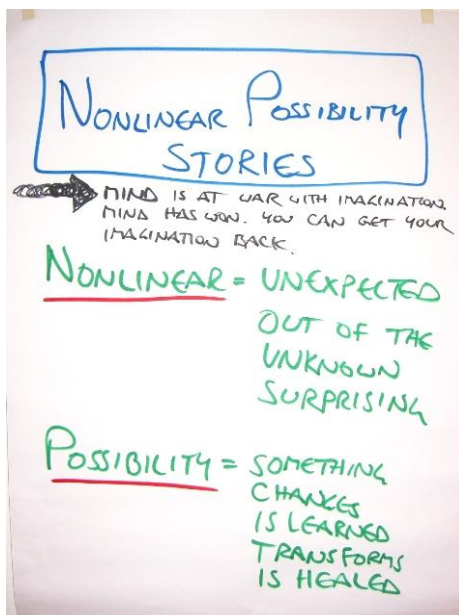
- Try getting them to say something.
- Try getting them to stop speaking.

### **SETUP:**

People get in dyads and spread in the room sitting facing each other.

### **INTRO / BACKGROUND:**

In whose story are you living? In your box story or in the non-linear possibility story about you that you just heard?



## **INSTRUCTIONS / PROCEDURE:**

Get together in groups of two

1. round: Tintenfisch + Nacktschnecke, 1 minute story, 1 minute feedback, then switch roles.
2. round: new pairs. Proceed as in round 1, but without feedback.
3. round: stay with your partner. This time trainer interrupts every couple of seconds saying "Stop, new story". Approx. 3 minutes per person.
4. round: stay with your partner. Person A now tells a Possibility Story about B, no feedback. 2 minutes per person
5. round: new partners. Proceed as in round 4.
6. round: new partners. Proceed as in round 4.

## **DEBRIEF:**