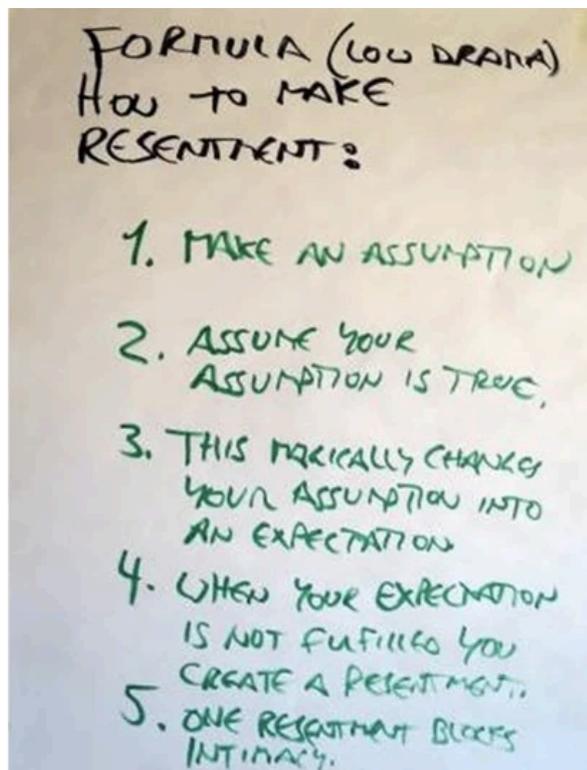


Withdrawing Expectations Initiation

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FORMAT: In pairs, sitting across from each other in chairs. Takes 45-60 minutes.

PURPOSE: Building matrix to hold more consciousness. Understanding how expectations come from assumptions and lead to resentments and the destruction of intimacy. Navigating back to the present to rediscover Love, here and now.



INTRO/BACKGROUND CONTEXT:

SPARK003 is: *Problems with people come from expecting they should be different from their Box.* One possibility is to read the notes of SPARK003 out loud before doing this process. SPARK003 can be downloaded as a PDF file here: <http://sparks.nextculture.org/res/sparks/Spark-003-en.pdf>

PROCEDURE:

There are three alternative procedures for withdrawing expectations: in a Possibility Coaching pair process, as a whole-group process where people know each other, or as a multi-person role-play whole group process.

1) POSSIBILITY COACHING PAIR PROCESS

Choose one relationship with which to do this experiment. Choose someone close to you, probably your primary partner, or someone you are creating a project with. Ask this person if they would do this experiment with you. Sit across from each other in chairs. You can do this with or without a spaceholder. (Better with a spaceholder.)

Person A starts by paying close attention to your thoughts as they look at the person sitting across from them. Notice the stories that you have created about Person B as a result of that person not meeting your past expectations of them. These incidents should be easy to find because each one leaves an emotional scar on your heart. Say out loud each expectation that you hold towards them by saying “*I expect you to...*” or, “*I expect that you...*” and also tell about times when they didn’t fulfill your expectations.

Be vigilant and specific. Keep going describing the qualities of the relationship that you have created through holding big or small expectations towards Person B.

Now consider removing all of your expectations about this person, one at a time. Imagine what it would be like to participate in this relationship without expectations. If you stop expecting something, anything, then what the other person does is what they do, and you can be present with them with who they actually are instead of with your unfulfilled expectations of what they should be or should not have done or been.

What would the other person experience if they were in a relationship with you that was completely free of your expectations? Would they begin to experience being accepted? Would they begin to experience being respected?

Here is where this experiment becomes transformational.

Person A chooses one well-justified expectation that you have held about Person B for some time. Then, say to this person, “*I have been holding onto an expectation of you that _____,*” and fill in the blank with the specifics of your expectation.

Then say, “*I withdraw **FOREVER** the expectation that you _____.*”

Then say nothing. Calmly wait in the new space you have just created. Stay present. Stay connected. Let the feelings come up. Keep breathing.

Experience what happens inside of you, inside of the other person, and in the connection space when you withdraw your expectation forever from them.

Reverse roles between Person A and Person B, and start over.

Consider performing this same experiment with additional expectations.

2) EXISTING-GROUP EXPECTATION-CLEANUP PROCESS

This experiment can be delivering for groups such as intentional communities, organisations, group projects, etc.

Instead of focusing on one person, the members of the group move from one person to the next. This process is better done in chairs.

Have the group sitting across from someone in the room, with enough privacy space for each dyad.

One person starts and says, "*I have been holding onto an expectation of you that _____,*" and fill in the blank with the specifics of their expectation. Then they say, "*I withdraw forever the expectation that you _____.*"

The person sitting across from them then repeats back what they heard them say "*I heard you say that you withdraw forever the expectation that I _____.*"

If they got it right, the person withdrawing the expectation says "Yes." The communication is completed. If they didn't get it, then the person withdrawing the expectation says "*No. You didn't hear what I said. What I said is _____*" and then repeats the previous communication until the person sitting across from them gets it.

Then they change roles. The person listening becomes the speaker and the speaker becomes the listener.

When they are done, at their own time, one person stays in the chair and the other goes and sits across from a new partner. Go until everyone meets at least once.

3) MULTI-PERSON ROLE-PLAY WHOLE GROUP PROCESS

This format can be used in an *Intimacy Journeyer Lab*, or a *Negotiating 5-Body Intimacy* workshop where people don't especially know each other.

Ask people to sit across from someone in the room with enough distance between the dyads for some privacy. One person in each pair please put your hand up. You are Person A. You will speak first. The other person you are Person B and you will role-play someone Person A chooses and then just listen.

Person A, please scan in your life and the people in your life, and find someone who you are holding an expectation towards who you would like to withdraw an expectation from forever. It can be your mother or your father, your partner, a colleague at work, a parent at school, a teacher, one or more of your children...

Person A, tell Person B the name of the person you chose and who they are to you. Ask Person B to stand up, turn around, and when they sit down to become the person you chose to withdraw forever an expectation.

Person A look at that person and then say, “*I have been holding an expectation towards you that you _____ . My payoff for holding this expectation has been _____ . I hereby withdraw forever the expectation that you _____ .*”

Person B repeats back what they heard Person A say If Person B gets it right, Person A says “*Yes. Thank you.*” The communication is now complete. If Person B didn’t get it, then Person A says “*No you didn’t hear what I said. What I said is _____ ,*” and repeats the previous communication until Person B gets it. When the communication is complete Person B stands up, turns around, and gets out of the character.

Then Person A and Person B change roles. Person B scans his or her life and finds a person with whom they have been holding an expectation which they would like to withdraw. Use the same procedure.

Person A and Person B go back and forth for 30 to 45 minutes.

CHECK-IN & WRAP-UP: Are there any sharing or comments about your experiences?