

HOW TO COMPLETE INCOMPLETE FEELINGS

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Incomplete feelings remain after incidents in the past were either never expressed or never heard and completed. Completing incomplete feelings takes responsibility for the feelings, so it is an example of High Drama. This is a five to fifty minute partner process, depending on the skills and maturity of the partners to feel and communicate with feelings, and also depending on the significance of the issues being addressed.

HOW TO COMPLETE INCOMPLETE FEELINGS

1. Usually the roles in this process are not reversed, so one person is the experimenter who wishes to complete an incomplete feeling, and the other person is the listener / coach.
2. To find a coach the experimenter asks, *Would you help me complete some incomplete feelings?* If the answer is, *Yes*, you have your coach. By formally asking for help from the coach the experimenter is not a victim and the coach is not a rescuer.
3. It could be that the experimenter's incomplete feelings pertain to the coach personally. In this case it is preferable to use the *How to Clear Resentments* process as explained in the chapter *Communicating with Feelings*.
4. Arrange to use a space where you will not be disturbed even if you make some noise. Bring tissues, a plastic bucket, and a sturdy cloth hand-towel. Sit or stand facing each other.
5. The coach begins by saying, *There are two rules: Don't hurt yourself, and don't hurt anyone else. Do you agree?* Require the experimenter to answer with a clear, verbal, *Yes* or *No*. If the answer is *yes*, you can proceed.
6. The coach says, *Trust your feelings and let them get bigger. Keep 10% of your adult present and let your feelings get 90% out of control.*
7. Further coaching could be, *Do not try to figure this out. You can figure it out later. This process is about experiencing and communicating your incomplete feelings. If it feels too big, put your hands behind your back, grab one wrist with the other hand, then keep using your voice. What do you want to say?*
8. The moment the feelings are at their highest intensity the coach says, *What is happening?*
9. The experimenter relates what is happening in relation to that particular feeling, being as precise as he can. For example, the experimenter might say, *I feel so angry at my brother because he had friends and I didn't!*
10. After each statement the coach repeats back what he hears, without analysis or judgement, trying to get the experimenter to say, *Yes*. E.g. *You feel angry at your brother because he had friends and you did not (said as a statement). Yes.*
11. The *Yes* signals that this communication has now been heard and completed, permitting the experimenter to go to their next deeper level. The coach might ask, *Then what happened?*
12. Coach continues completing communications until the experimenter repeats himself or feels satisfactorily heard. Then the experimenter says, *Thank you for listening to me.*