

Low Drama vs. High Drama

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FORMAT:

Whole group exercise during ETB.
Duration: 30 minutes

PURPOSE:

To experience the archetypal roles of warrior, magician, lover and King. The exercise is about experiencing the difference between low and high drama. Prerequisite is low drama, the map of 4 feelings old and new.

SETUP:

People spread in the room. It works well after the centering exercise (Walking and telling the story of the 3 bears, with stop and go etc.).

INTRO / BACKGROUND:

INSTRUCTIONS / PROCEDURE:

1. Start with rage

Everybody walks around the space as a warrior. If they encounter another participant, they go in contact and move on. We decided to not talk during the whole exercise. Some sounds are okay, specifically in the low drama role. Depending on group size maybe 2 minutes for each role.

Then everybody walks like a persecutor and encounters other persecutors.

Then split the group in two and half walk as a warrior and half as a persecutor. Then switch, so that the warriors walk as a persecutor and vice versa.

Check-in after rage. Sometimes people mix up persecutor and warrior and walk as a rigid warrior.

From now on start with the low drama role first.

2. Next sadness

Everybody walks like a victim. Same procedure as with rage (Encounter, switch roles, ...)

3. Next fear

Everybody walks like a rescuer. Same procedure as with rage. (Encounter, switch roles, ...)

4. Last joy

Everybody walks like a gremlin. Same procedure as with rage. (Encounter, switch roles, ...)

Another option would be to use different feelings encountering each other. For example. Warrior meets Magician or Lover meets Rescuer. The suggestion is to do this in another session, if you would like to do experiment with that.

DEBRIEF: