

## Low Drama Exit

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 (Revised: 10. October 2012 by Nicola Neumann-Mangoldt)

### **FORMAT:**

Part 1: dyads

Part 2: Groups of 4

Duration: 120 minutes

### **PURPOSE:**

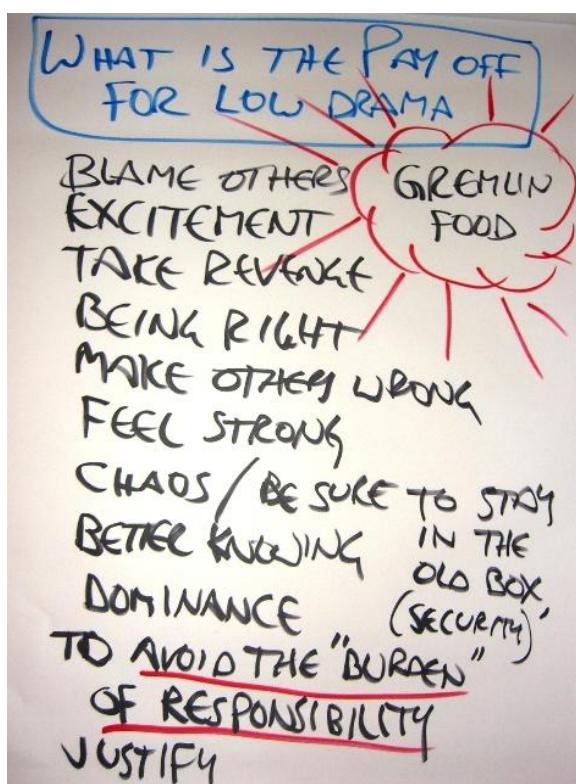
To identify our personal commitment to staying in low drama and to create a toolbox of ways to get out.

### **SETUP:**

People get together in dyads.

### **INTRO / BACKGROUND:**

Build context with following maps:



## INSTRUCTIONS / PROCEDURE:

### Part 1:

Please get together in dyads. One person in each pair put your hand up, you are the Nacktschnecken. The others are the Tintenfische.

Nacktschnecken, you go first. You lay on the floor, the Tintenfisch is space holder.

Now go into any feeling where you experience yourself as a victim, powerless, hopeless, resented, persecuted, abandoned, betrayed, left out. Experience it and tell the story without judging yourself.

Tintenfische, you just hold space.  
GO!

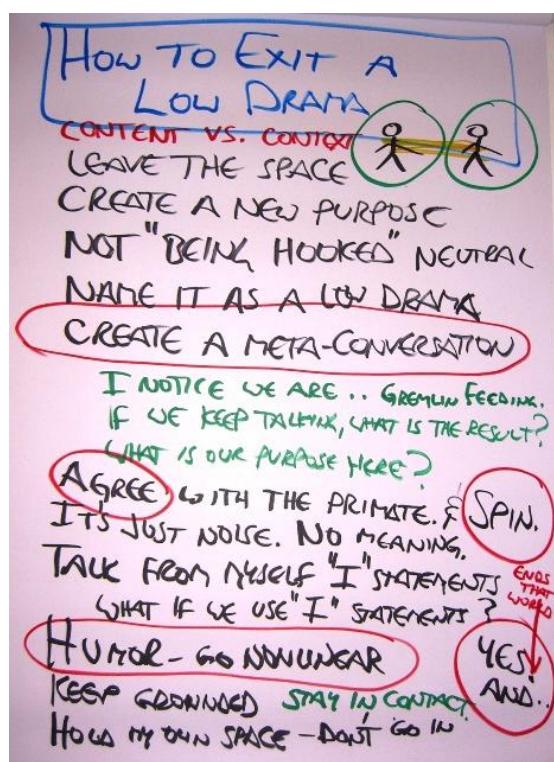
Each person gets 15 minutes.

### Part 2:

You just told your low drama story.

With low drama it's the same as with martial arts. You might almost be ready to play low drama, but when you are not ready to make the sound, to let go of the arrow, you can still change the target. If you are not in denial and fogging yourself, you can tell the purpose of los drama. So detect the purpose.

How can you exit low drama? Tell me some possibilities.



## MAP OF EXITING LOW DRAMA

Responsibility Is The Procedure For Change

### Ways To Exit Low Drama

- Have a meta conversation
- Make a boundary
- Get your center back
- Make a gap between you and your box
- Stop trying to be right
- Stop making the other one wrong
- Withdraw your expectations
- Responsibly express your feelings, e. g. use a resentment clearing process
- Ask for what you need
- Make a decision yes/no (problem ownership)
- Stop blaming
- Change your story – use is-glue dissolver
- Use energetic spin
- Stay unhookable
- Become invisible
- Say nothing (opinion, judgement, criticism, argument)
- Go nonlinear (change the focus of attention, the purpose, the topic)
- Use completion loops

It's content versus context, because content is irrelevant. If you are in low drama context, nothing you say will make a difference. But when your context is high drama, no content could get you out of that. No content can such you out of the context. You can let the content go on but hold context of high drama.

When you are with somebody whose purpose is to feed their gremlin on you and they have no interest at all than feeding their gremlin, why are you having the conversation with them? (*Michael: because I love him*)

Well, if you are the garbage can...How can I be in the space e. g. with my father where he is only complaining? He invokes a certain space. One way is humor. I hold my bubble and grounding cord. Sometimes when people do low drama, I can be in a completely different world. It is just like an S-Bahn going by.

Another way is to agree with the primate and spin. Do you argue with an 800 kg gorilla? Spinning is about not being a target. Energetically you are a "Yes. And..." The point ends the low drama space and in the next moment you can invent something new. You end one world and open the next, but stay in contact.

#### Techniques:

- Avoid the low drama altogether – detect and don't go there
  - Have a conversation about the conversation
  - Take responsibility – own that you are creating a low drama – reveal your payoff.
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- Get together in groups of 4
  - One person in each group put your hand up – you are the Nacktschnecken. The Nacktschnecke is the possibility manager and you have an ongoing low drama in your life, i. e. somebody pushes your button. Practice addressing the same issue or situation as in part 2 but don't create low drama. It's the other people's low drama, where you are hooked all the time. So the Nacktschnecken tell the low drama, where you are hooked into.
  - The Tintentifsch plays the low drama. Don't overact the low drama. When you are touched by what the PM says, let yourself come out of the low drama. When you are moved out of low drama, go out and let the Nacktschnecke pick the next low drama.
  - The 2 coaches give beeps and coaching.
  - Each person gets 10 minutes.

To exit low drama feels like dying, because our life is so interwoven with low drama. So pick something in this exercise which is a bit lighter. Which only chops off your hand and not your head.

It is about not knowing. The steering point of navigating out of low drama is NOT your mind. It is in your center. You steer from your center. When you drive a car with

your mind you are dead. You would say "oh, look a car, now I have to move to the right, That means that I have to set the blinker, now I have to turn the steering wheel a bit to the right, etc..." It is too slow and clumsy. Instead you drive with feeling from your center. If you would think you would crash.

**DEBRIEF:**