

Navigating Everyday Conversations

© World Copyleft 2020 ff. by Clinton Callahan. For use by registered Possibility Trainers only.
(Revised: 12. September 2008 by Clinton Callahan)

FORMAT:

Groups of 4

Duration: 90 minute skill building exercise

PURPOSE:

This exercise gives practice developing the skills of creating High Drama and taking radical responsibility in ordinary circumstances with feedback and coaching.

SETUP:

Groups of 4, Possibility Manager and client sitting across from each other, two coaches sitting across from each other, each at the corners of a square.

INTRO / BACKGROUND:

In every conversation there are unlimited opportunities to navigate into Low Drama and use the situation for feeding Gremlin. Often times this is a reciprocal feeding, meaning both people's Gremlins get fed at the same time through destroying the possibility of intimacy, hurting the other, making insulting jokes, being disgusted by the circumstances, complaining, blaming, making wrong, and so on. Nonetheless, there are equal numbers of ways to create High Drama, to take responsibility, appreciating the other, making decisions, starting things, stopping things, changing things, creating new possibilities, enjoying intimacy in the present moment, and so on. It can be everyday conversations that are most difficult to navigate and most beneficial to navigate.

INSTRUCTIONS / PROCEDURE:

This is very personal practice, conversations between potentially intimate people, such as husband wife, mother daughter, two best friends, neighbors, colleagues, clients, boss, parents, etc. The Trainer suggests to each participant who to be and what to talk about to make the most out of this practice session.

PART ONE (15 min) – The Middleworld

Client role plays someone in the ordinary context.

Possibility Manager interacts with them in their everyday manner of the middleworld (9 min)

Feedback and Coaching (3 min). How much was High / Low Drama? How conscious / unconscious was the conversation? How hooked did they get?

Sharing (3 min).

PART TWO (15 min) – The Underworld

Client role plays someone in the ordinary context.

Possibility Manager joins the Client in the ordinary context, letting the Gremlin speak, use every opportunity to maximize Low Drama. (9 min)

Feedback and Coaching (3 min). How evil was the evil? Was it too nice? Did they destroy the space or the person, or some other space or person?

Sharing (3 min).

PART THREE (15 min) – The Upperworld

Client role plays someone in the ordinary context.

Possibility Manager interacts only from extraordinary context taking radical responsibility.

Feedback and Coaching (3 min).

How bright were the possibilities created?

How authentic was the High Drama?

Did they reinvent the space or the person, or some other space or person?

Sharing (3 min).

Then reverse roles with the coaches and do the three parts again. (45 min)

DEBRIEF: