

Three position content-free work, using resource states

The person with the problem with another person (which she has stated neither to the group nor to you) comes to join you in the central space. Notice her as fully as you can and match some of what you notice, so you get with her.

Ask her to choose a place in the room where she is going to be herself (1st position), in the presence of the conflictive person.

She goes over to this place (standing or sitting as appropriate) You invite her to get into the situation, seeing what she sees, hearing what she hears, feeling what she feels. Observe her well, especially breathing, to see how her state is altering.

To bring her out of 1st position in the presence of the other, ask her some daft question (to help her break state)

Ask her to choose a place in the space where the conflictive person is.

Ask her to step into this space and become the other. Ask her to become the other in a full VAK way. Observe her minutely as second position is hard for some folk.

Bring her out of 2nd position and ask her to choose a neutral spot where she can observe both people coolly. She goes into third position. Ask her to look at the two of them, to hear the two of them, to feel the two of them.

Now ask her if she has ever had a problem with a person which is similar to this one and which she solved well. Give her time to search her mind and heart. Check that that the problem solved before was not trivial.

Ask her to choose a place in which to experience this resource state. She steps in to the resource state and brings it into the here and now. You anchor the state with a light touch to the shoulder.

Ask her to take the resource state with her in her mind and heart back into 1st position, and in the grip of the resource state she looks over at the conflictive person. You help her by touching her shoulder again which sets off the anchor.

(this was the Tuesday pm sequence with P■■- there are many possible sequences you will use, depending on the protagonist's reactions and needs)