

Tri-Life Leadership Training

Floorwork/Scene Work

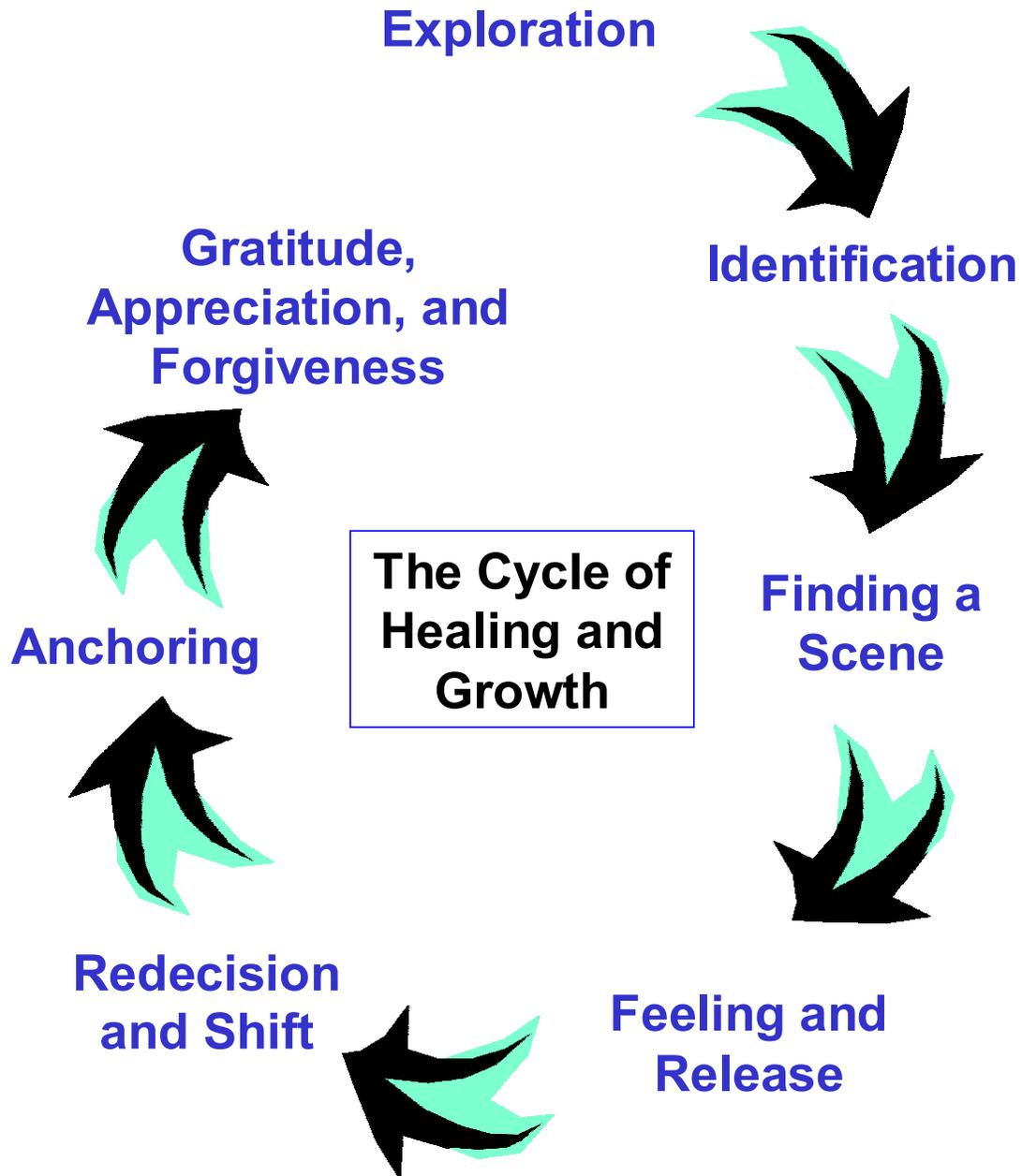
Purpose

- ❖ Give the Participant the opportunity to address their core issues using the same model as the family scene work: Explore → Identify → Feel → Express/Release → Reframe/Redecide → Anchor → Compassion, Gratitude, and Forgiveness.
- ❖ Utilize successes and redecisions along the way to address subsequent issues, core beliefs, and Self-Protecting Behaviors.

General Comments and Reframe

- ❖ What worked before still works – Experienced Coaches need not get anxious about the new approaches.
- ❖ The TLT approach puts “floor” work in a practical, explicit model that
 - Provides context for better/quicker work
 - Identifies important steps/phases
 - Provides new tools for approaching an issue
 - Will allow an increasing level of competence
 - Provides an easier path to competence
- ❖ The redecision stance assumes:
 - The power to change is in the Participant
 - The language used by the Coach and the Participant is very important
 - The Participant can decide what is working and not working
 - The Coach is modeling aggressively healthy attitudes and actions
 - The key to long-term change is in the redecision and anchoring – not the intensity of the emotional release.
- ❖ The point of redecision can occur quickly and powerfully – from the energy of the child that had to adapt and figure out how to be ok.
- ❖ In the TLT model, anchoring is a critical step in floorwork.
- ❖ Forgiveness, compassion, gratitude, and appreciation are encouraged throughout the process – these are important parts of reframing new learning about the self in relationship to others.

Tri-Life Leadership Training



Tri-Life Leadership Training

Tri-Life Leadership Training

Exploration

- **Using Metaphor:** Accessing the creative and emotional subconscious through investigation of a participant-created abyss.
 - **Using Present Feelings and Events:** Point out and examine in-the-moment feelings to explore how these have been present in the past.
 - **Direct:** Ask the participant what issues, beliefs, people, or events they wish to address with the emphasis on "What do you want to change about yourself?"
- 

Identification

- **Participant Choice:** Without exception, the final say on what to work on lays with the participant. Various options and possibilities can and should be discussed, but the decision is the participant's.
 - **As issues are ID's, examine the meaning they made about themselves around this person or event:** You'll use this during the scene to direct role players and after the scene to contrast with the redecision.
 - **Examine what they would like to change about themselves:** This helps to create a goal for how this issues will be different for them. Get as specific as possible.
- 

Finding a Scene

- **When an issue is ID'd, usually an archetypal scene will be identified as well:** Immediately get them into the scene by having them describe events and feelings in the present tense, first person, young words. Get role players or start chair work.
- **If no scene:** Ask them the three magic questions: What do you feel about this issue? What do you say about yourself? What are you afraid/assuming that others are saying about you? Summarize while asking them to feel these answers, then ask them to pick a scene from the past based on these feelings and thoughts. When a scene is picked, see suggestion above.

Tri-Life Leadership Training

Goals

Coaching Feeling and Release

- Feel the feelings congruent with the scene
- Experience the early decision
- Have an opportunity to make a redecision
- Use the redecision to make a different meaning about themselves and current behavior, feelings, and thinking.

Expose the Decision

- Illuminate the decision through the role player.
- Use paradox by asking if they are willing to state their decision to the role player.
- Ask them to state the emotional truth of the decision.
- Let them stay in the decision w/o changing it for a while using reflective listening.

Keep them in the Scene

- Have them speak directly to the role player or chair in first person
- Have them use age-consistent vocabulary
- Have them use present tense
- Ask them about their feelings
- Check out if the scene is working

Language is very Important

- Are you willing...
- Will you... (vs. Can you...)
- I and Me vs. It, you, or they
- Ask them about their feelings
- Ask permission and collaboration
- Check out if the scene is working

If in Impasse...

- Bring in their Adult or Nurturing Parent to assist or support.
- Have them watch the scene and support as detached entity.
- Have them talk with their Child from the Nurturing Parent
- Impasse is OK – may not be ready for action.
- Get one of the leadership team

Key Tips

- The scene is all about the meaning they have made about themselves and their choice to change that meaning from their Child position.
- It is important that any redecision take place from the Child or Emotional part of themselves.
- It is not about killing demons or changing the past – it is about changing the meaning they make from the scene. We are not changing the past.

Tri-Life Leadership Training

Tri-Life Leadership Training

Goals

The Redecision and Shift

- Making a different decision about the meaning of the scene.
- Observe and note to the participant a sudden change in voice, posture, affect.
- Make the rededecision from the Child.
- Experience the scene from the rededecision.

When the shift occurs

- Check out if there has indeed been a rededecision.
- Have the role player be silent.
- Ask them to state the rededecision to themselves a few times.
- Ask them to breathe in the feeling and the rededecision.
- Ask them what is true about them now.

Test Drive the Redecision

- Ask the participant if they are willing to face the role player and state their rededecision and their new meaning.
- Have the role player say a few choice phrases against the rededecision.
- Ask the participant about the rededecision and if they need to change the role player or the event.
- Ask the participant if there is any more closure they need with this person or event.

Important

- The rededecision can occur quickly and without large expressions of outward emotion.
- Continuing the release past the rededecision is unnecessary and counter-productive.
- Use any other rededecisions made in previous scenes to help bolster and support subsequent work.

Tri-Life Leadership Training

Tri-Life Leadership Training

Imprint the Redecision

Make a different decision about who they are and how they relate to this issue.

Goals of Anchoring

Reframe

Look at this and other similar issues differently. See themselves in a wider perspective.

Develop Success

Develop a vocabulary of success. Get used to what success feels like and how to express it. Use this success in later scene/mat work.

Heart

What are you feeling right now?
(get specific and descriptive)

What's feels different about you?

Mind

What's different about how you see this issue?

What have you learned about yourself?

What's the truth about you?

Coaching Anchoring

Body

Breathe into that success.

Where do you feel it?

Describe to them any physical changes you see.

Let them describe a body anchor to the feelings.

Spirit

Do you remember how you were feeling at the beginning of this process? What has replaced it?

Let the light/warmth/spirit flow through you – bask in it.

(See next page for moving into forgiveness and compassion)

Tri-Life Leadership Training

Tri-Life Leadership Training

Coaching Compassion and Forgiveness

Light and Relaxation

Breathing in light
Filling in spaces where hurt/fear/anger
once resided
Circulating light throughout the body
Now begin to sink into a state of deep
relaxation, continuing to breathe in light



Compassion

Fill heart with compassion
Direct to self and then to
others (can be non specific)
Continue loving
compassion/kindness,
direct toward person/event
that caused you pain.



Forgiveness

Forgiveness or stepping
into consideration of
forgiveness



Retell story

Retell story from heroic view point i.e. "My childhood was difficult, but I've grown into being a caring and compassionate person." "I am grateful to be able to live a full and happy life." "Most of the choices I have made in my life support and nourish me, and I have learned valuable lessons from the rest."

Tri-Life Leadership Training