



Partner Coaching Session - Inner Freedom

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Prepare

The Inner Freedom Partner Coaching Session during the Simply Brilliant class is designed to provide you with an opportunity to play with a business action using the Inner Freedom Method.

The purpose of the Inner Freedom Method is to explore the fears that may arise when you imagine taking a specific action in your life. Doing this experiential visualization creates a strong inner experience of confidence and capability to PLAY!

Come to the session with a specific business activity that you want to explore... AND THEN DO during the time closely following class.

If possible, choose one where you often experience body sensations that typically indicate social doubt or fear. Example: “when I am talking to someone and I know it is time to invite them to another conversation, my throat gets tight.”

Read this guide prior to the session to familiarize yourself with the methods of practice.

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The Outline

- 1) Quickly choose who will guide first and who will play first
- 2) Session #1 – the Guide follows the outline to guide the experience. (approximately 15 minutes)
IMPORTANT: when you are the player DO NOT look at the outline.
- 3) TIME OUT: a minute to reset before switching roles.
- 4) Session #2 – the Guide follows the outline to guide the experience. (approximately 15 minutes)
- 5) QUICK class debrief of the experience.
- 6) Class over... GO PLAY!

Inner Freedom and “Body Belief”

This is a quick overview of the language pattern we are using in the Inner Freedom Method.

We are going to use an abbreviated form of the Inner Freedom Method that covers the most important part – feeling the energy in the body – and uses the intuitive “Body Belief” language pattern.

Here is a quick overview of the steps of the Inner Freedom Method (with a detailed coaching guide to follow)

- Affirm judgment-free awareness
- Ensure safe space
- The player imagines doing the activity creating a vivid scene.
- The Guide asks the player to share any thoughts they are experiencing.
- The Guide asks the player to scan the body for physical sensations.

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- The Guide stays present while the player FEELS the physical sensation for 30 seconds
- The Guide and Player use the Body Belief pattern language to NAME the situation.
- The Guide guides the player to now visualize doing the activity with power and freedom.

The Body Belief

After feeling the energy in the body the Guide will ask the Player to activate their intuition to name what the physical energy is communicating using a specific language pattern:

“It is not safe for me to Fill In the Blank”

Examples:

- It is not safe for me to be myself
- It is not safe for me to ask for what I need
- It is not safe for me to be visible
- It is not safe for speak my truth

The idea here is that we are practicing social situations and these type of situations bring up the fears of not belonging. So the full statements would be something like:

- It is not safe for me to be myself because if I do I won’t belong.
- It is not safe for me to ask for what I need because if I do I will find out that my needs don’t matter.
- It is not safe for me to be visible because if I do I will get “in trouble”.
- It is not safe for me to speak my truth because if I do I will be rejected.

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The key to the experience is that feeling the energy and naming it in the presence of another person creates a feeling of safety.

IMPORTANT: If you are the Guide during an Inner Freedom experience...

Please do NOT intervene with other methods that you use; like EFT or NLP for example.

Session Guide

Guide: Quickly share with me the action you want to play with.

Player: {explain in 30 seconds or less}

1) Emphasize “judgment-free awareness”

Guide: It is important when we are using Inner Freedom that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK?

2) Ensure a Safe Space

ASK: Are you in a place where you can safely close your eyes?

{Wait until they say yes...}

3) Create “the scene”

Guide: In your imagination create the scene where you are going to take the action and then put yourself in the scene. Are you there?

{Wait until they say yes...}

4) Scan for Thoughts and Inklings

Guide: Now we are going to look at the scene from several different perspectives.

Just keep breathing naturally; keep your eyes closed and we'll talk together.

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Guide: Using Judgment-Free Awareness what do you notice going through your mind?

{Listen and observe...}

5) Scan the body for physical sensations

Guide: Take a moment to scan your body for physical sensations from the top of your head to your waist.

{Wait a moment...}

Guide: Do you notice any physical sensations?
Perhaps in your gut or in your chest?

{Listen and observe...}

Guide: I acknowledge your courage for noticing and feeling these sensations!

If there is more than one:

Guide: Which sensation is most intense?

{Listen and note the answer...}

6) Feel the energy in the body

Guide: OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Don't try to do anything with it. Just allow it to be there and feel it.

Guide: Do you think you can do that?

{Listen and wait for the "yes"...}

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Guide: OK, I will time you. I will be here if you want to say anything. But the objective is to stay with it for 30 seconds.

Here we go.

at 15 seconds quietly say: keep going

at 30 seconds quietly say: excellent. You did it.

7) Name the Body Belief

Guide: You can open your eyes now if you haven't already.

Guide: What was the experience like?

{Just listen}

Guide: (say something encouraging & acknowledging) “That was amazing. You did well in that exercise!”

Guide: Physical sensations like this are trying to keep us safe by keeping us out of situations that feel emotionally dangerous to our sense of belonging.

What do you feel this sensation is communicating?

Something like: “It is not safe for me to... fill in the blank”

{Guide: Listen and then share anything you are intuiting }

Together: Play with the possible Body Belief ideas until it feels clear.

8) Feel the energy in the body one more time

Guide: Do you still feel the energy?

or Can you recreate the scene to tap into the feeling one more time?

OK, now all you need to do is just allow yourself to feel that energy for 30 more seconds.

Guide: Do you think you can do that?

{Listen and wait for the “yes”...}

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Guide: OK, I will time you. Here we go.

at 15 seconds quietly say: keep going

at 30 seconds quietly say: excellent. You did it.

Debrief

Guide: What was that experience like?

{Guide: Listen and then share anything you are intuiting }

9) Imagine the scene with freedom

Guide: The final step is to close your eyes, put yourself back in the scene and imagine yourself doing the activity with freedom and getting the results you desire. Do your best to envision this for a few seconds

(Guide: Wait 20-30 seconds)

10) Share

Guide: can you share with me what you saw?

{Guide: Listen}

For Fun...



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Inner Freedom:

Fear is your friend.

Move your hearts' desire through the “friendly maze” of body beliefs
and out into the world!

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