

Session 7 – Memory Pops

Expand your ability to create maximum value and awareness from “memory pops”

SHARE: Share with your conversation partners an experience of creating a memory pop with a player. What happened? (Important Note: share a few thoughts without revealing any personal details about the player)

Does YOUR capacity to feel affect your player?

- 1) Your Coaching Presence is a HUGE gift.
- 2) A player will only share a memory that they feel YOU can handle.
“If I can’t share my pain with you, without you trying to fix it, I can’t tell you anything.”
- 3) You can talk about anything YOU are comfortable with
- 4) If you are not comfortable talking about a memory...
 - a) help them make a plan for who they can talk to.
 - b) shift the attention to the finding the pattern language for the Survival Intention.

Question: How does YOUR capacity to feel, ability to create Judgment-Free awareness AND “See Perfection” affect your players’ ability to share with you?

BIG INSIGHT

Often in an abusive situation there is usually some inner response like:
I am going to prove to you that I AM somebody.

OR

It is not true what you are saying about me.

Or

I am going to make sure this never happens to me again.

This “I will show you” is a POWERFUL source of fuel that propelled your player forward in life.

Question: What are your thoughts and experiences with “I will show you” energy?

How to deal with a memory pop of a traumatic moment

- 1) Remember, they will only share the details if they feel safe with you, that they feel that YOU can hear it. The benefit of hearing a little bit of the detail is that it supports the conversation to understand and articulate the survival intention. BUT... it is not essential.
- 2) If they share something that YOU are not comfortable talking about, ask them not to get into the details. Move the conversation toward the survival intentions that came out of the moment
- 3) As a coach you can talk about ANYTHING that you feel comfortable talking about. You are a life coach. so anything in life is possible to talk about. (Even if you think of yourself as a business, career, executive coach etc. you are still in the domain of a “life” coach. So be prepared for ANY part of life to enter into your coaching conversations.)

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4) Many coaches fear that talking about past moments that were traumatic is doing therapy. It is not! Talking about past moments is a fully human experience and cannot be "owned" by any profession. It is only therapy if you claim or attempt to heal it in some way. You are exploring the past moment to come to co-create awareness of the survival patterns.

5) As a byproduct, it is often a "healing" experience but that is not your focus. Remember you are not trying to release it or fix it.

BIG Group Question: Does anyone have a question about how to coach through a memory pop involving abuse or tragedy?

What is pattern language?

Abera Ca Dabera

First we have to understand the power of words.

Have you heard of the phrase used by magicians:

Abera Ca Dabera:

It was first used by Harry Houdini who was a great escape artist.

It comes from the Aramaic language

It means: I create as I speak

Your language CREATES your life vs. your language is a report about your life

You have the power to use pattern language to create moments when you feel alive.

Pattern Language

A Pattern Language was first distinguished by the Architect / Philosopher Christopher Alexander in the Book: "A timeless way of building"

A pattern language captures the essence of an experience.

People speak in patterns; some patterns bring the person to life, some drain the person of life.

When you tune into your player, you will hear the phrases that have strong energy - both enlivening and deadening.

Question: What are your thoughts and experience about the power of language to CREATE your life experience rather than simply explain it.

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Coaching Outline for Session #7

Coaching Outline for in-class session

Note: From this point forward with your players you use the complete method with each of your players; or as much of the method as is needed in each session.

Today we will focus on Memory Pops and Survival Pattern Language

1) Replay or preplay the critical moment of choice

1a) Choose The "moment" to focus on

ASK: *What "moment" do you think we should focus on right now?*

Listen: *It is important that you are both clear about the action and the intended results; even if you have discussed it before!*

Find a RECENT example to replay or a FUTURE example to preplay

ASK: *Can you recall a recent example of avoiding the action?*

OR

ASK: *can you simply imagine yourself doing the activity in the future using visualization?*

1b) Start the Replay/Preplay Technique

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

Assuming they say yes...

Start the Visualization

SAY: *close your eyes, breath naturally, and take a few moments to create the scene.*

ASK: *Can you describe the scene for me?*

2) Use judgment-free awareness to Scan for Thoughts and Inklings

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise.*

ASK: *Do you notice any thoughts going through your mind?
What are they?*

Just wait and listen

3) Feel the Energy in the Body

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations from the top of your head down to your waist.*

ASK: *What are you feeling in your body?*

If they feel several things (this is common)...

ASK: *Which sensation is the most intense?*

3b) Feel the Energy (allow it to be there)

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can.
Just allow it to be there.*

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SAY: *I want you to just feel this sensation for 30 seconds. I will time you. I will be here if you want to say something. I will let you know when 30 seconds is up.*

Stay fully tuned into them and just be there – keeping an eye on your watch.

4) Scan for Memory Pops or Emotions

ASK: *When is the first time you can remember feeling this sensation in your body?*

Wait patiently. This may take a few moments. Listen carefully.

Dialogue as much as feels right.

SAY: *If you want you can tell me about what happened. But you don't need to.*

IF they don't have a memory pop, then...

ASK: *Did you notice any emotions?*

Listen carefully and be with them – they will often share lots of interesting things.

5) Find the Perfection in the SURVIVAL Intention

SAY: *When things like this happen we come to conclusions about life; especially ideas about how to survive the situation. And of course since you were young at the time, your capacity to understand was limited. Often these conclusions occur at the non-conscious level of thinking and feeling.*

SAY: *Typically these survival ideas involve keeping safe, staying small or fitting in. We call these "SURVIVAL Intentions"*

ASK: *What do you think was the "SURVIVAL intention" you came up with in that moment.*

Listen and dialogue together. This is a powerful conversation for them.

SAY: Let's find a short phrase that really captures the essence of this intention.

Listen and dialogue together. This is where you name the **Survival Pattern Language**.

SAY: *These SURVIVAL intentions serve an important purpose in our lives.*

ASK: *How did this SURVIVAL intention serve you at that time?*

Listen. Often people are judgmental about their SURVIVAL intentions. Help them to see if from the perspective of the young person they were at the time. Remind them to use judgment-free awareness.

6) Make Your Mind Your Ally

ASK: *Can you see a connection between the thoughts you are thinking now, and the emotional energy of the earlier moment?*

Listen. They may see the connection right away. Or you may have to help them see the connection. Often it is much easier to see as the observer than as the person "in the moment". Your perspective will add a lot of value here.

SAY: *Now what we want to focus your mind on your NEW CORE Intention to play BIG*

ASK: *What is your CORE intention?*

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Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your CORE Intention and is just one step beyond your Survival Intention. A way of being that is just one step outside of your current comfort zone?*

You can keep exploring examples until you feel that they have one that feels right when they say it; This step is where you create new pattern language for the CORE Intention.

Coach Note: This is where they have now shifted from react to respond

{Skip Steps 7 and 8}

9) Preplay the moment with new pattern language

Create a NEW Picture

It is important to create a new picture of the CORE intention with your player so that they go into the new game with a feeling of possibility.

SAY: OK. Now we are going to create a new picture for your CORE intention to Play BIG that you can live into for the next game.

SAY: Close your eyes again for a few moments.

SAY: Next, THINK and FEEL your new CORE Intention Pattern Language

SAY: Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

(wait a few moments)

SAY: Now, see yourself getting the results you desire. See it turning out just right.

SAY: Open your eyes again and share with me a little bit of what you saw

Listen as they share about the new picture.

SAY: Ok, Let's create the game for the week

Coach Note: Create a game for the next time period. Make sure it includes the activity that you just did the replay on.