

Inner Freedom Method™ Coaching Playbook

Session 8 – Pattern Language for Survival Intentions

Quick review – When to use the Inner Freedom Method

There are several coaching situations where the Inner Freedom Method can be used to great affect.

Starting with the situations we have already discussed...

- 1) When your player is not doing something they intend to do
- 2) When your player is powering through their own inner resistance to do something important. It is a struggle; they have to FORCE themselves to do it.
- 3) When something is not happening even though your player is taking action -a desired result is being created
- 4) They have hesitation or fear about something they are about to do
- 5) They say "I don't know" or "I don't know what to do"
- 6) If they say: "I am overwhelmed"

Question: What player situations have you used the Inner Freedom Method?

Expand your understanding of the Pattern Language of Survival Intentions

What is a survival intention?

These body level feelings become the non-conscious thoughts that drive MOST of our behavior.

- It is a decision you made about what YOU must do to survive in this world (to avoid pain/trouble)
- It is a decision you made about what you must NOT do to survive in this world (to avoid pain/trouble)
- An intention to: Keep safe - Stay small - Fit In
- **Often the Survival Intention “explains” why you “do what you do” or “don’t do something you want to do” in your current situation.**

Key Distinction: Pattern Language

- Pattern language is a phrase that captures the essence of the experience.
- You want to find a phrase based on what is shared about the earlier moment; it really captures the energy and emotion of the experience; as close to the words of the age of the memory as possible.
- We mostly see and experience the world around us based on the patterns that are already in our minds. Until we use Inner Freedom that is ;-))

We become what we see in the world. We see in the world what we have become.

Examples: Language patterns we use to keep ourselves safe

- > "Nothing I do is enough so it is best if I don't try too hard".
- > "If I win I will suffer, so I won't win".
- > "If I go for what I really want I will be rejected or disappointed, so it is better if I don't ask".

Question: Share a few examples of Survival Intention Pattern Language

Find the perfection of the Survival Intention

"Finding the perfection" means...

- To see how it served you in life
- To see who you became as a result of living this pattern and how that served you
- To see how it fueled you in some way; eg. "I'll do this now to fit in, but when I am free of here I will show you this is NOT who I am!"
- It revealed a core value that have lived into
- Fitting into your family or circle of friends is essential to survival as a young person

You find the perfection of the survival intention and how it served your life!

Here is a real life example from Player Natasha (recordings available in the syllabus):

The survival intention: if I win I will suffer, so I will not win.

It served her in staying close to her sisters - fitting in with her family - which is essential to survival when you are young.

A few questions to create awareness...

How did this intention and your life that followed prepare you for something BIG?

How did the early event reveal and then possibly suppress a core value?

> It becomes like a buried treasure to be found later in life; often with great energy!

Player Natasha - suppressed her talents so that she could fit in with her family

> The event revealed one of her CORE Values: FREEDOM to be yourself in the world. When she rediscovered this about herself, it gave her tremendous energy for her BIG game.

How does that survival intention explain how you are "stuck" now?

In other words it served a purpose when you were younger and the game you were playing at that time – like the "fit in with my family" game; Now it is NOT serving your new game to play BIG in the world by expressing your unique talents.

Question: Why is it important to see "the perfection" of the survival intention?

Expand the Band

This is where the Inner Freedom Method becomes REALLY fun.

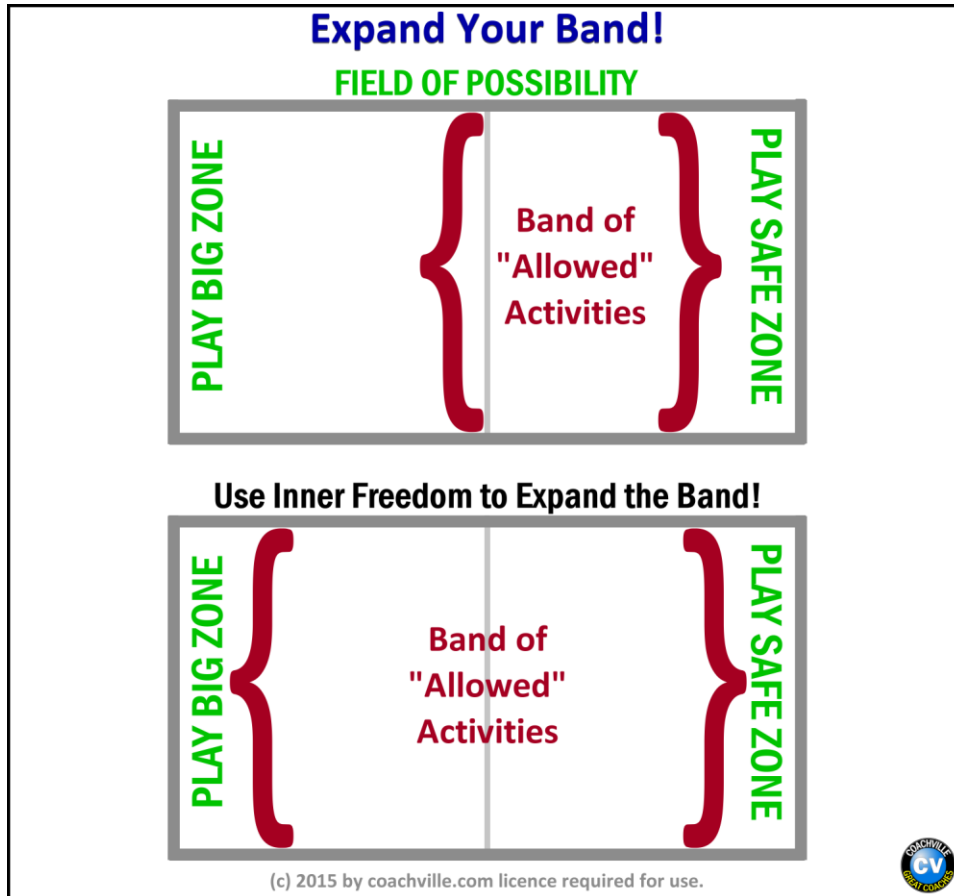
"The Band" refers to the range of activities that you feel you are "allowed" to do.

Allowed is an interesting word here because the way restriction of Inner Freedom operates in our daily lives feels like we are wanting to do something that we are not allowed to do; it's like being young again and the doing the activity will get you "in trouble".

The game here is to bring each non-conscious boundary to the surface so that you can explore it with "new" or "Play BIG" eyes.

Another way of describing this phenomenon is this: a great player in any game is one who can "see the whole field (of possibility)" and choose any action in the field at any time. Lesser players can only see what is right in front of them and are not capable of making plays in certain parts of the field.

With the Inner Freedom method you can explore more and more actions within the field of possibility and choose the best action in the moment for your BIG Game.



Question: Name a few activities in the Play BIG Zone that you need to "Expand Your Band" to include...

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Coaching Outline for Session #8

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.

7) Find the Perfection in the Current Situation

SAY: *next we want to look at the challenges you are facing. And instead of seeing them as problems, we will look at them as opportunities to become a better player. Whenever you make up your mind to play BIG, the universe will provide you with both challenges and support.*

ASK: *From that perspective, how are these challenges serving you right now?*

Listen. This perspective takes some time. You may have to help them to see things from this perspective.

SAY: *often there is support around you that you are not seeing. The universe always provides support when it throws a challenge your way.*

ASK: *What support can you see if you really look for it?*

Listen. Again, you may have to point out support that they are not seeing. AS you have listened to them though this and other coaching conversations, you are probably aware of several ways that they are being supported

{Skip Step 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.