

INNER Freedom Method

Create Winning Choices



CoachVille : Center for Coaching Mastery

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Inner Freedom Method™ Coaching Playbook

Welcome. On behalf of the entire CV Team, I want to welcome you to the Inner Freedom Method™ Coaching Program.

The themes of the program:
The Pursuit of Inner Freedom
Creating Winning Choices

AND

Learning how to PLAY with fear!

The BIG IDEA that is the focus of this program is this: People playing a big game in life are often highly aware of exactly what to do, but they are unable to do it on a consistent basis because of the strong conflicting influence of FEAR.

The powerful truth is: **You can PLAY with FEAR!**
This is the coaching opportunity that we will explore in this program.



And we will play with our fundamental coaching theory: **ANY endeavor in life can be played as a winnable game worth playing.**

The emphasis will be on PLAYING a BIG Game in life and adopting a "PLAY framework" in your personal, business and career life. Specifically, you will design and play a game with actions that require you to play outside of your current comfort zone. This is a potentially transformational shift and we invite you to PLAY along with us.

Of course, there will be LOTS of coaching as well! As a part of our DTMOPP "Active learning" method you will collaborate with a coaching partner throughout the program. You will coach and be coached by the same person in all of the in-class coaching exercises. We believe this will allow you to go deeply into the coaching and experience a real coaching relationship.

Finally, with our accreditation with the International Coach Federation (ICF) the 24 hours of the program qualify for Continuing Coach Education Units! (CCEU's) This is very exciting.

Enjoy the program and... Play BIG!

A handwritten signature in black ink that reads "Dave Buck".

Coach Dave Buck and the CV Team!

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If you will not have access to your computer during class, it is ESSENTIAL that you print out the coaching outline prior to each class.

Section 1: Program Quick Start

The purpose of this playbook is to provide you with the important concepts to read and consider prior to each class session.

Pre-Class Action Plan

1) Scan these sections of the Play Book:

Section 1: Program Quick Start {You are doing that right now!}

Section 2: Program Introduction {Most of this content is also on the website}

Section 3 Chapter 1: Inner Freedom: Play With Fear

Section 4 Session 1 Outline {**Print the Session 1 Coaching Outline**}

2) Get on the Game Card: Read the Start Here Playbook

3) Listen to the first coaching demonstration recording

4) Coach Mission 1: Recruit 5 Players to Coach

5) Play Mission 1: Name your game move and enlist the support of your team

6) On the program home page, read the "Dyad Guide"

You are READY for the first class!

The Game

Your REAL LIFE is the game!

Each week you will play a fun and challenging game where you earn points for:

1) Reading your class Playbook

2) Participating in class

3) Sharing about what you have learned in class conversations

4) Listening to the recorded coaching demonstrations

5) **Completing Missions** to coach your players and

6) Completing Missions to play your own game

7) Staying in contact with your class partner (player/coach)

8) Inspiring your team mates And being inspired by them

Your personal "game card" will keep you on track with what you need to do and what you have accomplished. The public leaderboard will allow you to see how everyone else is doing. Then you can explore the game cards of your class mates for ideas and inspiration. And... when you share you will attempt to inspire them as well!

Note: Center for Coaching Mastery Students need a minimum of 50 points per game card to pass the class.

Coach Mission 1: Recruit 5 Players

Here is a brief excerpt from the Coach Mission 1 Playbook that you will find on the program home page

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and in the game card.

You are on a mission...

To become a great coach, you must embark on a mission to transform the way you approach the FEARS that your players face when they play BIG.

Coaches are ALWAYS looking for good players. Great leaders are ALWAYS looking for good players. And then they aim to make them great!

As we move beyond the Industrial Age of Work into the Connected Age of Purpose more and more people are yearning to play a BIG game in Life. When they do this, they will naturally bump up against fear. They need a great coach with a reliable method to walk with them on the edge of their comfort zone!

This is a delicate matter but also a great opportunity.

There is a BIG difference between:

a person who just seems to have a lot of problems, AND

a person who is a little stuck BECAUSE they are playing BIG.

Coaching using the Inner Freedom method requires a combination of openness AND tenacity by the player AND the coach.

Thriving in the Connected Age of Purpose requires deep connections, self-expression and the vulnerability to contribute to others in a unique way.

You need players with a strong desire to be great and the willingness to look deeper into themselves. This actually describes a LOT of people but many of them don't know it yet. Your mission is to recruit 5 good players who are ready. Ready to face the fears that come up when they take the creative risks necessary to play for results and to make good things happen in the world.

Who do you know who is ready for this? And who will help YOU fulfill your purpose to expand your capabilities with the Inner Freedom Super Powers?



Inner Freedom Mission 1: Choose a BIG MOVE

Here is a brief excerpt from the Inner Freedom Mission 1 Playbook that you will find on the program home page and in the game card.

BIG Idea: It's YOUR Game. To fully immerse yourself in the Inner Freedom Method you must experience it as a coach AND as a player. To do this you must choose a BIG MOVE that will compel you to "Play With Fear" on the edge of your comfort zone!

You are on a mission...

Think about what a HUGE opportunity this is. YOU PROBABLY KNOW WHAT THE ONE BIG MOVE IS! The ONE game action and result where if you did it with power and grace and energy every

day – it could send your business, career or relationship into a state of awesomeness! Your ONE BIG MOVE is just over the edge of your comfort zone so it has been elusive or a struggle.

You see other players in the game making this move. You know it's possible. You want to do it. But for some reason, it's just not happening.

Now is your chance to put all of your energy into THAT ONE MOVE with the powerful assistance of your



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new Inner Freedom Super Powers and your Inner Freedom colleagues! Let's DO IT!

As you think about your BIG MOVE, consider that the idea of playing BIG is to express yourself and create results that contribute to the lives of others. It's not just about you doing something, it includes influencing or sharing with other people in a unique way.

Remember that you want to go for something that connects to your purpose in a BIG way so that it is meaningful and edgy; something that will inspire the needed combination of tenacity and vulnerability.

At this point you just need a place to start. You can refine the game as you play it.

Got it? OK, you are ready.

Teleclass Welcome!

Welcome to the Center for Coaching Mastery!

Abera Ca Dabera

This phrase from the Aramaic Language means: I create as I speak.

This is a potentially life-changing affirmation that illuminates the power of the spoken word. In every class you will participate in a variety of provocative exploratory conversations and coaching sessions.

A few key points to consider as you start this class.

1) Our programs are based on dialogue-based learning. So we expect you to jump in and participate in the conversations. Be BOLD! Share your thoughts and questions; Your voice is a contribution to everyone else in the program. Your instructor is a highly trained coach and very capable of weaving diverse thoughts into a web of learning for everyone!

2) You will coach in every class. It is possible that this will be your first coaching conversation. So be easy on yourself! Don't expect to be a masterful coach on day #1.

If you have been coaching for a while – maybe even a LONG while - coaching in class is your opportunity to experiment and try new things. Enjoy the opportunity to stretch and learn.

What to do in a "Coaching" Conversation

Coaching is a conversation between a coach and a player. It is a very distinct conversation. However when we converse, we tend to fall into comfortable conversational patterns like: friend to friend; colleague to colleague; boss to employee; parent to child; counselor to "counselee" etc.

It is a very good idea to set a specific time frame for the coaching conversation. This can be anywhere from 20 minutes to one hour; 45 minutes is very common for professional coaching sessions, 30 minutes is common for coach approach leader sessions with a team member. Some coaches like to do an extended session for the first session of a new "season" where you are creating the game and defining the objectives.

One thing that really frustrates people new to coach approach leadership is "not knowing" what to talk about in a coaching session. This makes it very difficult to learn a Method like Inner Freedom.

We have solved this by providing clear coaching outlines for your coaching conversations. These outlines will guide you and your player through a sequence of inquiries, this way you can focus your attention learning the method. It is very effective.

How to do a great coaching practice session in class

1) You will both get to be Coach and Player. So choose who will be the coach and who will be the player in the first session

2) Get RIGHT INTO the coaching – skip the traditional small talk

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3) When you are the Player - be real, be yourself; tap into your desire to play your game better; DO NOT READ THE OUTLINE and just answer the questions like it was an "oral exam".

4) When you are the Coach - **Follow the coaching outline in this playbook;**

Ask the questions and then BE CURIOUS to clarify what your player is sharing.

You really want your player to experience Inner Freedom.

5) HOLD YOUR TONGUE!; especially if you feel the urge to tip!

Tipping is for waiters and waitresses - NOT coaches

Tipping - is when your player shares something about their situation and you think you have a good, quick solution and share it.

"Did you ever try..."

There IS a time and place to share solutions, but that time is NOT now.

IMPORTANT: Read the "Dyad Guide" prior to class. It will provide you with a LOT of additional information about how to get the most out of your practice time in class!

Section 2: Program Introduction

Program Description

A 9-step Coaching Method to Create Winning Choices

Play with Fear and you can do anything. This is the mantra for this life changing program.

The Inner Freedom™ Method is a powerful 9-step method where you **identify subconscious patterns of fear** and transform them into a powerful source of energy to fulfill your purpose to Play BIG.

Your story as a player...

As you step into your big game in life you will often find yourself severely slowed or even stuck by the invisible force of FEAR! With the Inner Freedom Method you will create a **personal transformation...**

From: fear and emotions are something you "power through"; the subconscious mind is dark and mysterious and must be avoided.

To: you can play with fear and emotions; the subconscious mind is a vast resource of wisdom and power.

With the Inner Freedom Method you learn how to approach fear with the spirit of play; to explore it with curiosity. This brings deep understanding to the survival patterns that are creating conflict with your desire to play BIG. With expanded awareness we can transform inner conflict into positive energy, joyful self expression and deep confidence. This leads to winning choices and **winning results!**

The BIG Question: How BIG do you CHOOSE to play in this amazing game of your life?

With Inner Freedom it is truly your choice!

Your story as a Coach...

When you coach your player to play big in the outside world their "Inner World" will put up a LOT of resistance. Nearly every decision we make in social situations is instantaneously determined by patterns of feeling in the subconscious mind; what to say, NOT say, what to do, must NEVER do. When we start playing big, we often notice how restricted we feel; and it's frustrating.

This is your opportunity for coach-able moments of **transformation that lead to results...**

From: Motivate your workers to overcome (power through) fear and control their emotions.



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To: Teach your players to embrace fear and respond to their emotions.

When you bring the Inner Freedom Method to your coaching conversations your players will be amazed at the awareness that comes into focus. And they will be thrilled when freedom and RESULTS replace frustration! You will be a coaching hero! (always fun)

Jack Canfield, a leader in the personal growth industry, raves about the Inner Freedom Method. You will too.

With the Inner Freedom Method you will be able to coach the biggest players in the most challenging and high impact games.

When the word gets out about what you can do, you will be in high demand.

The BIG questions: How BIG do you want to be as a coach?

Do you see yourself as a coach approach leader of influence with people who truly want to make a difference in your community? in the world?

The BIG Picture

Humans are emerging from the Industrial Age of Work into the Connected Age of Purpose. More and more of us are yearning to live more fully; to experience and express our uniqueness AND our connectedness. To do this, we MUST be highly aware of and leverage ALL aspects of the Human Experience: including purpose, desires, emotions and fear.

Together we must embrace the truth that the game of life INCLUDES challenges and hardships that give us opportunities to grow more fully into ourselves and connect more deeply with others. We have a choice in how we play the moments of our lives. To be a coach in the world means living, loving and teaching these truths.

The 9-Step Inner Freedom Method™

The Inner Freedom Method™ is a sequence of transformational techniques that guide the player from feeling stuck (inner resistance) to feeling free (inner freedom).

Each of these steps creates a rich exploration

While you are coaching your player, you reveal areas of inner conflict and FEAR.

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they desire.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

Step 1) Replay (or PrePlay) the critical moment of choice

This is a tool to find the critical moments of choice where inner conflict is restricting positive action. You do this by looking straight at what is NOT happening.



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Step 2) Use Judgment-free awareness

This is a tool to scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear and other emotions.

Step 3) Feel the energy in the body

Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing and provide a gateway to intuition and inner knowing.

Step 4) Scan for emotions

Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal sources of the inner conflict.

Step 5) Find the perfection in the Survival Intention that is causing the conflict.

At the heart of inner conflict is the imperative to SURVIVE, play safe or stay small. Attempting to play big brings these thoughts and feelings of conflict to the surface. Finding the perfection of this intention in your life is a key step toward freedom.

Step 6) Make your mind your ally

With this step you will explore the thoughts that arise from the SURVIVAL intention to stay safe and then create a new pattern of thought that will support your CORE Intention to play BIG. Here you will shift from thinking reactive thoughts to responding powerfully in the moment.

Step 7) Find the perfection in your current situation

Here you will explore how the challenges you are facing in your current situation are serving you to make your desire to play BIG a reality. When you recognize the perfection you can shift from attempting to control the situation to co-creating with reality.

Step 8) Experience the flow of gratitude

This step solidifies your capacity to expand your comfort zone and play big in the world.

Step 9) Replay the moment of choice with "Play BIG" pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

In the program you will learn and practice each of the steps independently and then learn how to use them all together in a fluid conversation.

The Inherent Forces: Survival and Contribution

There is a beautiful conflict within each and every one of us; the conflict that is the central theme of almost every worthwhile story.

It is the conflict between the imperative to survive and the desire to contribute to the world and accomplish something great.

This conflict is not a problem or a bad thing or something to avoid; rather it is what makes life so wondrous! Every single day, in fact many times each day, you are faced with choices and opportunities where you can step into your desire to play big and contribute to the world in a significant way OR you can choose to play safe, to survive and avoid "trouble".

In the Inner Freedom Method program you will learn how to embrace the dance between these forces and ride the powerful wave of energy that this beautiful conflict can provide you and your players.

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In the program you will learn:

1. Why the big game creates inner conflict – EVERY TIME
2. How to quickly find the “Critical Moments of Choice” where the freedom to play BIG is blocked
3. Techniques for shifting the energy of thoughts, feelings and actions to restore the freedom to make winning choices.

With these techniques your players will become Super Conductive -free to play BIG - and able to create results with greater ease.

Coaching Super Powers: Feel the Energy, Find the Perfection and Create Power Patterns

This is a life-changing collection of coaching super powers!

First you will learn how to guide your player into **feel the energy** in the body to create awareness of the deep wisdom of the subconscious mind; you do this through a practice of guided visualizations into the physical sensations in the body.

Next you will learn how to **find the perfection** in life situations both past and present. This practice is an ancient truth that has been taught through the centuries that you will learn how to use in a powerfully modern way. With this super power your player will be able to make their mind an ally of their BIG game.

Finally you will learn how to guide your player in the **creation of new power patterns!** The survival imperative operates in the subconscious mind through power patterns of feelings and thoughts; these thoughts and feelings operate below the surface to "keep you safe". While they do this very well, often they also keep you from taking the actions needed to play BIG and contribute to the world. So... you will need to help your player create a new set of power patterns that support their desire to Play BIG. This way, your player will have a conscious choice of when to play big and when to play safe. It is so awesome. (Note: this may sound like NLP, but it is not)

Big Breakthrough: Play with the fear on the edge of your comfort zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty; where the outcome is a bit mysterious; where you have just a little bit of fear. As a Coach, you need to master the ability to guide your player into this "sweet spot" of growth on a regular basis - otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay comfortable; to maintain control. So you need a few things: 1) the courage to play out of YOUR comfort zone; 2) A way to talk about the benefits of stepping up to bigger challenges and opportunities to contribute; 3) A powerful tool to bring your player through the uncomfortable experience of fear in a way that is engaging and effective. When your player sees that you have a tool that really works, they will play bigger more readily and really enjoy coaching with you.

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You can PLAY with fear

Fear is a natural consequence of playing big in your life. It not to be ignored or overcome, it needs to be EMBRACED. You can learn a lot from your fear and when you do you are free to play as big as your life's intentions and purpose will take you.

What this means in practical terms is that you are FREE to act powerfully in the moment in a way that is creative, resilient and resourceful. You are fluid and get MUCH better results, more often and with less struggle. This is what we want for our players - and for ourselves!

Meet Player Lauri

As part of the Inner Freedom Method Coaching class you will "listen in" on 12 life-changing coaching conversations between Coach Dave and Player Lauri of StepIntoGreat.com

When these sessions began, Lauri was as aspiring author and business leader She had a plan to write, create a local networking group and build a thriving business. There was only one problem (well 3 problems) ... She wasn't writing and she wasn't talking to anyone about her business and she wasn't signing any clients. This is where the story begins and you will be amazed at how it unfolds. You will often see yourself in her story as she expands her Inner Freedom and you will benefit from the power of "osmosis coaching".



The Themes of the Program

1) Why Playing Big creates FEAR (aka Inner Conflict) - EVERY TIME

When we play the games of our lives, relationship, school, business, career and health, we utilize patterns of thought, feeling and action. We start creating these patterns subconsciously from an early age. These patterns serve us well because we don't have to figure everything out for the first time every time we do it! Most of the patterns operating in your life today were created when you were less than 12 years of age. However, when you want to play bigger, many of your current patterns will create inner resistance until you create new patterns.

2) Flow - just on the edge of your comfort zone

To really be in the flow of your game you have to be in the sweet spot between knowing what to do and not knowing what will happen next. There has to be a challenge in order to really engage your creativity. We call this being on the edge of your comfort zone. It is exciting because you can learn and grow but also risky because you can make mistakes.

3) Just a little bit of fear - will send you into "busy-work"

Did you ever notice that sometimes when you have an important action to take or phone call to make, you mysteriously find yourself reading your e-mail instead? This is a very common experience but most of the time it happens so fast and so subconsciously that we don't notice it. This reason is VERY simple: when the thought of doing something has even a LITTLE BIT OF FEAR associated with it, you

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will naturally move to do something where there is no fear; where you have total control. When you endeavor to play big you will notice this happening A LOT! We will explore how to catch it before you waste the whole day and how to use the Inner Freedom method to choose the critical activities that make the biggest impact on your results - the slightly scary ones! This is creating winning choices.

4) Judgment-free awareness - an essential tool for growth in any endeavor

The "judgment-free awareness" framework is absolutely essential if you want to play BIG. First described by Timothy Gallway in the "Inner Game of Tennis" the technique allows you to notice what you are doing and how you are doing it without harsh criticism. This allows you to stay fully engaged in what you are doing and focused on your picture of excellence - rather than the "mistakes" you are making right now.

5) Expanding Energy Awareness

Humans have three fundamental forms of energy: thoughts, feelings and actions. These energies flow in patterns; we call these energy patterns. When these energy patterns are aligned, your desired results happen quickly and with relative ease; When they are flowing in different - even opposite - directions, seemingly undesired things happen with regularity. And we have the experience of feeling stuck or blocked.

At the same time, energy is bi-directional. Our energy flows out and at the same time we receive energy - this is often called attraction or magnetism. When our thoughts, feelings and actions are aligned we attract energy - in many wonderful and sometimes surprising forms - that supports the fulfillment of our desires. When they are not aligned, well, we attract all sorts of things that slow us down.

6) Expanding the capacity to feel

"I knew in my gut but I didn't listen". This is a common lament of the player that is not tapping into the full power of the wisdom stored in the body. In this program we will expand your capacity to feel the energy in your body and dramatically increase your access to intuition.

The technique for shifting energy in the body involves expanding the capacity to feel. We will learn an effective guided visualization technique for exploring the physical sensations that are triggered by life's experiences. Feeling physical sensations and noticing without reacting to the emotions that surround them is often a life changing experience. Using this technique shifts the player from a place of resisting to one of allowing. It shifts the energy from overwhelm to freedom.

7) Expanding the capacity to respond

The techniques for shifting energy in the mind involve integrating logic and emotion; where thinking clearly about a situation includes emotions but is not dominated by them. We will learn a technique called: Make Your Mind Your Ally with judgment- free awareness. Using this technique shifts the player from reacting (fight, flight, freeze) to responding resourcefully in the moment. It shifts the energy from isolation to one of openness.

8) Recognize the perfection of the situation

The technique for shifting the energy of action from controlling to co-creating involves seeing the perfection in the situation. Finding the perfection requires seeing yourself in the big picture of your life, the community and the world. You will learn a guided inquiry that enables the coach and player to see from this perspective. Using this technique shifts the player from a place of control to a place of co- creating with everything that is happening. It shifts the energy from frustration to trusting the universe and life itself.

How this program will make you a better coach

1) Your confidence as a coach will increase dramatically because you KNOW you have the tools to handle ANY challenging situation your player is in.

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- 2) Your ability to find the "critical moment" and shift the experience for your player from inner resistance to inner freedom will create extraordinary richness in every session. You will learn exactly what questions to ask and what to look for.
- 3) Understanding and using body awareness will allow you to help your players expand and tap into intuition and inner knowing
- 4) The ability to find the perfection in situations past and present is a most extraordinary booster to self worth; which is something EVERYONE values greatly
- 5) Your players will FEEL more capable to play BIG in the world after every session with you.
- 6) You will become masterful in reading the dynamic of in/out of the comfort zone and know just how to keep your players on the growing edge.
- 7) You will have a deep understanding AND a solution for the common challenges people face today: overwhelm, frustration, isolation and even apathy! This will give you great confidence in coaching a player through challenging situations.
- 8) You will learn how to talk about FEAR and inner conflict as a catalyst for growth with your players.
- 9) You will expand your understanding of the dynamic balance between support and challenge which has the effect of boosting your players self-worth. This in turn will greatly enhance their ability to play the game and get results.

Peer Review

Nina Mioen

Wow! This is exactly what I have been waiting for! Dave's talk about most coaching sessions being weak really hit me. It was me yesterday. The frustration I felt when I coached this lady, the feeling of not getting anywhere. I need to get into the critical moment with her. It makes so much sense and feels great to have a technique to use to "feel what it feels like in the moment". I believe in it completely; it is when we are in the moment that the breakthrough can happen. This is really BIG!

Fundamental Coaching Theory

- 1) Any endeavor in life or business can be designed into a coach-able, win-able, playable game worth playing.
- 2) The purpose of coaching is to play better; to guide an individual or team to play the game better and win on their own terms.
- 3) Masterful coaching is possible ONLY when the coach truly knows the game the player is playing.
- 4) One of the 3 core pursuits of Coaching is the Pursuit of Human Greatness. Playing BIG in the world is the gateway to Human Greatness.

The 3 Pursuits of Coaching

The modern coach must be aware of the core pursuits - most often unspoken - of anyone playing a BIG game in life. And you must be highly aware of the key dynamic of each pursuit. With this understanding you can speak powerfully to the heart and soul of what people truly desire; All the while guiding them along in the day-to-day activities, opportunities and setbacks of their games / objectives.



1) The Diagram

The Venn diagram has three components:

- A) The 3 **Pursuits** (eg. Human Greatness)
- B) The **Key Dynamic** for each pursuit (eg. support / challenge)
- C) The 3 **by products** of these pursuits (eg. Mastery)

2) Human Greatness - Support / Challenge

This is the primary pursuit of coaching and where all coaching begins: with the desire to do something - or as I would say: "Play your game better, and win on your own terms".

Most people who hire a Coach begin with an achievement in mind. This is a great place to start AND greatness is more than achievement, it also includes mastery.

Another way of describing this is the distinction between what your player is doing and who your player is becoming. Greatness requires both doing and becoming.

Human greatness occurs when the player reaches a level in the game where they go beyond personal achievement and lift the whole game and everyone who plays it. Often you hear about a great player on a team who makes everyone around them better - even the other team! This is possible through coaching.

Inner Freedom Method™ Coaching Playbook

The essential dynamic is support and challenge. Human greatness only arises in the face of challenges. AND challenges are only overcome with lots of support. There is a delicate balance between support and challenge. As a Coach you must read your player and the situation on a moment to moment basis and know when to support and when to challenge. You will explore this dynamic throughout this program.

The biggest job of a Coach is to keep your player just outside of their comfort zone where they are facing challenges and overcoming them with your support and the support of others.

As I mentioned earlier, the Coach must constantly monitor the players situation to know when to support and when to challenge and this can change from one to the other in the middle of a session.

Human greatness is such a beautiful and moving thing to behold. Life is sweet. And as more people have a Coach in their life inspiring them in the pursuit of greatness - it will be even sweeter.

We call our method for this Coaching pursuit the Play Better Coaching Method™ which you will learn more about later in this chapter.

3) Inner Freedom – In/Out of the comfort zone

Inner Freedom is the place of fluidity and grace where the desired results occur as the natural byproduct of full self- expression. You are resourceful, resilient and responding to the moment. We call this state Inner Freedom – where your energy is aligned and flowing freely toward your heart's desires.. In any challenging and worthwhile game these moments happen once in a while and they are made precious by lots of other moments of where the flow is blocked by inner resistance.

A simple formula: Skill X Freedom = Results

An essential purpose of energy Coaching and the Inner Freedom method is to help your player experience more freedom more often. We do this by providing them with the awareness to notice when their freedom is blocked and tools to get them back into it.

The thing that is flowing is energy in the form of feelings, emotions, thoughts and actions. Flow happens when your energy is aligned on a clear intention and there are no blocks or leaks.

The Dynamic Balance: going in and out of The Comfort Zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty; where the outcome is a bit mysterious. As a Coach, you need to master the ability to guide your player into this "sweet spot" of growth on a regular basis - otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay where it is safe and comfortable.

So you need the ability to challenge your player out of their comfort zone in a bigger game. Then you need the ability to help them expand their capabilities so that they become "comfortable" in the bigger game. Then you start the cycle all over again!

4) Personal Evolution – Adapting / Reflecting with Environments

Personal evolution is the "Big Picture" pursuit of the coaching industry. Our ultimate purpose as a community is to forward humanity one person at a time. It is an extremely compelling and passion sparking notion. This is what Thomas was playing for every day in everything he created for the Coaching community.

Inner Freedom Method™ Coaching Playbook

This pursuit speaks to the interconnectedness of all things. The inner environment is made up of your values, beliefs, emotions, character and ideas. The outer environment is made up of people, places and things.

Both the inner and outer environments occur in patterns and can be designed using pattern language. A theory originally developed by Architect / Philosopher Christopher Alexander.

The key dynamic is the interplay between our reflecting and adapting to our environments. We know that humans are both adapting to the world around them AND creating the world around them as a reflection of who they are.

As a Coach we help our players find their place in the world. Then we help them design the world so that the environment pulls them toward the vision of who they wish to become.

Other ways of describing this pursuit are conscious evolution and transformation.

One of our coaching mantras is: the Environment ALWAYS wins.

(so its best to have it on your team!) As a Coach you help your player become highly aware of the obvious truth: What we can do is a function of our environments AND who we become is a function of our environments. With this truth as a backdrop they begin to notice that everything around them matters. Everything within them matters.

In the pursuit of Personal Evolution there are times when it is wise to focus on the environments that you are in and upgrade them to be a better reflection of who you want to become. At other times it is wise to move yourself into a totally new environment and adapt to. Sometimes it is best to persist in an environment and learn from it because it is a reflection of you. Other times, you just have to get out of there.

As a Coach you see the dynamic balance between reflecting and adapting and guide your player to make wise choices based on the interconnectedness of all things and experiences.

This brings a deep feeling of peace that can quickly restore our energy for playing the games of our lives.

We call our method for this pursuit the Pattern Language Coaching Method and we make great use of Thomas' Nine Environments of YOU model which you will learn more about later in the book.

5) Mastery

When you combine the pursuit of human greatness with the pursuit of inner freedom you get the experience of Mastery. A Coach is always aware of helping the player become more masterful with the skills and strategies of the game

6) Awareness

When you combine the pursuit of inner freedom through energy awareness with the pursuit of personal evolution through environmental awareness what you get is expanded awareness. The more you are aware of, the better you will play in any game.

7) Sustainability

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When you combine the pursuit of human greatness with the pursuit of personal evolution you get sustainability; where the player stays connected to the world and continues to play at a high level.

Inner Freedom Method Coaching Theory

Where Inner Freedom fits in the CoachVille Coaching Methodology.

Whenever an individual is playing a new game or a bigger game, there will be some activities or situations that will present FEAR (aka inner conflict). There will be situations when your player is blocked, stuck or out of the flow; not able to perform the skills at their best or not getting the desired results.

This is also known as being "outside of your comfort zone".

Here are some examples of where expanding Inner Freedom comes into play.

- When your player is avoiding a specific activity.
- When your player is uncomfortable in a specific situation and it is negatively affecting their performance
- When your player is taking actions but not getting the desired results;

To summarize the Play Two Win Method™ steps 6 through 9 in practical terms...

Step 6) When your player does not know what to do, this is a game plan issue.

Step 7) When your player knows what do to but does not know how to do it, this is a skill and practice issue.

Step 9) When your player is missing needed resources, this is an environmental design issue. (For example, your player needs to connect with potential prospects but there is nowhere they can find to meet them)

Step 8) When your player knows what to do, and knows how to do it and they are still NOT doing it, this is an inner conflict (FEAR) issue.

When your player takes actions but does not get the results even after practice, this is probably an inner conflict issue as well.

The inner freedom part of playing a game determines which actions your player takes and how they feel while they take the action which often determines the results.

Are they clear, confident, expressing themselves and fully present? Or are they nervous, holding back and distracted?

What does Energy Awareness refer to?

While there are many things going on in a person that a player and coach can be aware of, we will focus on these:

- Thoughts (sometimes referred to as self talk)
- Beliefs (patterns of thought, often referred to as limiting beliefs)

Inner Freedom Method™ Coaching Playbook

- Values (what is important to you OR what you think SHOULD be important to you)
- Feelings (physical sensations in the body, typically feelings of discomfort)
- Emotions (fear, anger, joy, sadness, excitement)
- Actions (What you do, what you create, how you interact)
- Choices (The process of choosing what to do or NOT do)

The purpose of Energy Awareness... Inner Freedom.

The superconductive state of inner freedom is an experience that is sometimes difficult to describe. Here are a few phrases that express it.

- Responding powerfully in the moment
- Taking effective action with creativity and self-expression
- Getting the desired results from the actions taken
- Knowing what to say and do with confidence and without hesitation
- Tapping into your wisdom, intuition, logic and experience to make the best possible decisions

Complete Inner Freedom Method Dialogue

Here is a complete Inner Freedom Method Dialogue. Through the first 6 Chapters will explore the steps in detail. We show you the complete dialogue here so that you can get the big picture before we dive into the details.

0) Explore for inner resistance

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

ASK: *Are there any key actions that you are avoiding, resisting?*

Listen for hesitation and uncertainty

ASK: *Are there any actions that you take through great resistance?
Where you really had to force yourself to do it?*

Listen carefully.

ASK: *What about results? Are there any key results that are not happening?
Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?*

Listen. This is often where you will find the struggle.

1) Replay or preplay the critical moment of choice

When you play a big game you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

1a) Choose The "moment" to focus on

Coach Note: when you know the game your player is playing, your experience will guide you to the "moment" that is most important.

Inner Freedom Method™ Coaching Playbook

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

They may know EXACTLY what it is.

OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

- **SAY:** *OK let's make sure we are clear on what is happening and not happening.*
- **ASK:** *The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?*

Listen!: It is important that you are both clear about the action and the intended results.

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

- **ASK:** *Can you recall a recent example of avoiding the action?*
- **If there are several...**
ASK: *which one was the most intense?"*
 - **if they cannot recall a specific example...**
ASK: *can you simply imagine yourself doing the activity in the future using visualization?*

1b) Start the Replay/Preplay Technique

SAY: *we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going to replay a recent moment of you playing your game and explore it for energy patterns.*

Ensure a Safe Space

Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

- **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 recreate the scene.*
ASK: *Can you describe the scene for me?*

Listen carefully and get into the moment with them.

Make sure you can "see" it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

*** Next we will expand Step # 2 Using judgment-free awareness

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

With this step you will scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

It is VERY important that you introduce the concept of "Judgment-free Awareness" to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step out of your comfort zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a

Inner Freedom Method™ Coaching Playbook

“SURVIVAL intention” to keep safe / play safe / fit in. When you scan for thoughts you need to recognize that it is the “SURVIVAL intention” that is stirring up those thoughts.

SAY: *Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

ASK: *With the moment slowed down a bit is there anything else that you notice about the situation?*

3) Feel the Energy in the Body

Your body is your subconscious mind. All inner resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

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?*

They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

ASK: *When you scan your body; What do you feel?*

Listen as they share. You can encourage them to check their gut, chest, throat...

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

ASK: *Which sensation is the most intense?*

If they are not sure, just pick one.

NOTE: if they feel nothing:

this is not likely but it does happen sometimes; often people have a challenge with feeling...

SAY: Often it takes practice to feel the subtle energies in the body. But I assure you the physical sensations are in there. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

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Stay quiet. Stay certain that they can do it. Give them time to get into the experience.

NOTE: often a person will start talking and talking as a way to avoid feeling:
Interrupt them gently. Ask them to just feel. The coach's certainty and comfort is ESSENTIAL here.

NOTE: if the STILL feel nothing:

This will be quite rare. But there are times when the person is just REALLY blocked and has essentially gone numb to the whole experience. If this happens you just want to encourage them to pay close attention to their body in the week ahead. You can make the most out of the situation by skipping ahead to step #8.

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

Next we will guide the player through the experience of feeling the energy in the body – just allowing it to be there.

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Where is the feeling in your body?*

ASK: *Does the feeling have a shape? What is it?*

ASK: *Does the feeling have a color? What is it?*

ASK: *Does the feeling have a temperature? What is it?*

Be very affirming and open to whatever IS there.

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.

3c) Debrief the experience – Listen for patterns

ASK: *What was the experience like?*

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

3d) Go Deeper (Unless it is not necessary)

ASK: *Do you feel that you are able to go a little deeper?*

If yes, Refocus them on the physical sensation;

Coach Note: VERY often the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds.*

Encourage them gently – this is often a BIG moment for them.

4) Scan for Emotions and Memory Pops

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Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal source of the inner resistance.

Next by exploring the emotions and “memory pops” you can connect the earlier moment to the present situation which expands awareness.

ASK: *Did you notice any emotions?*

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

Coach Note: They may or may not experience a release of the energy. Either way it is ok. Sometimes people have done similar techniques where the objective was for the energy to release. That is NOT the objective here. The objective is just to ALLOW it to be there and experience the feeling. This is enough.

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. There are several different things that can happen here; Most of the time they will remember as earlier event in life. Depending on what happened, they may or may not want to tell you about it and either way is ok.

MOST of the time it will be something that SEEMED BIG at the moment – as a young person – but now as an adult is will look like an every day event. The key is to understand it from the young persons perspective. AND sometimes the event that happened will be a traumatic experience. These things happen in life to and it is a perfectly human thing to do to talk about them. As long as – as a coach – you are not claiming to offer any healing, just understanding.

Dialogue as much as feels right. You really only need to get the basic picture of what happened and not much more. Be sure not to get lost in the story AND IT IS ESSENTIAL to maintain judgment-free awareness toward the event and anyone else involved in the event.

The point of this exercise is NOT to get into the past, but to understand the thought process that is happening in the present.

Coach Note: This is where you cause the “memory pop”. Anytime your player experiences a physical sensation while thinking of a challenging action it is related to a past experience.

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

5) Find the Perfection in the SURVIVAL Intention

At the heart of inner resistance is the SURVIVAL intention to stay safe or stay small. (The CORE Intention to play big brings these thoughts and feelings of resistance to the surface) Finding the perfection of the SURVIVAL intentions in your life is a key step toward freedom.

Next you label the “SURVIVAL” intention formed in that earlier moment in life. Then you develop a new understanding of the purpose it served in your life - this is called finding the perfection of the SURVIVAL intention.

SAY: *When things like this happen we come to conclusions about life; especially ideas about how to understand the situation. And of course since you were young at the time, your capacity to understand was limited.*

SAY: *Typically these understandings involve keeping safe, staying small or fitting in. We call these “SURVIVAL Intentions”*

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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: *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

With this step you will explore the thoughts that arise from the SURVIVAL intention to stay safe and then create a new pattern of thought that will support the CORE Intention to play BIG. Here you will shift from thinking reactive thoughts to responding powerfully in the moment.

Now you can shift your conscious mind from reacting energetically to the fear associated with the earlier moment to responding powerfully to the current situation. Your mind is now open and available to new possibilities. You can now focus your thoughts on what is most important for your CORE / Play BIG intentions. We call this shifting process from react to respond: "Make Your Mind Your Ally"

To do this you clarify your new Play BIG intention.

Then you ask your mind to think thoughts - possibly for the first time - that support this CORE intention. Have fun with the experience of thinking new thoughts. You will find that when your mind is not reacting to fear, it can think some powerfully amazing thoughts!

SAY: *What happens is this: when a current moment in your life is energetically similar to an earlier moment, your body starts to buzz with energy because the emotional component of these memories is actually stored in your body.*

Since these moments were emotionally intense, your body feels that it is in some danger. When this happens your mind starts to produce thoughts based on that fear because your conscious minds #1 job is SURVIVAL.

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?*

Listen. Also you can remind them.

ASK: *What are some thoughts that you can think that will support this intention? And allow you to respond powerfully to the situations you are facing?*

ASK: *What else?*

You can keep asking for more examples until you feel that they are really in the flow of thinking openly.

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

7) Find the Perfection in the Current Situation

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Here you will explore how the challenges you are facing in your current situation are serving you to make your visions a reality. When you recognize the perfection you can shift from attempting to control the situation to co-creating with reality.

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, what are the challenges that you are facing and 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

8) Experience the flow of gratitude

This final step solidifies your capacity to expand your comfort zone and play big in the world.

ASK: *When you look at all of this, can you see how amazing it is that you have this desire to play big and then all of these things have happened.? What do you see?*

9) Preplay the moment with new pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

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:** 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)

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.

Conclusion) Create the NEW Game to play and journal

- **SAY:** Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

SAY: I have an important assignment for you:

SAY: We are going to create a new game for you to play this week.

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

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- a) Actions that you KNOW would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you in the game - things happening and NOT happening
- d) Practice using judgment-free awareness whenever you can.

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.

Inner Freedom Method™ Coaching Playbook

The Inner Freedom Method Play Sheet – Explore Inner Resistance

This Play Sheet is useful for taking notes about your player and the situation. It will help you get a picture of the game and identify areas to explore for inner resistance.

Name of the Game:	Areas of Inner Resistance What is not happening?
Purpose of the Game – Why are you playing?	Actions that you are NOT doing Resisting / Avoiding – Experiencing Overwhelm
	1)
	2)
Primary Objectives in the game?	3)
1)	4)
2)	5)
3)	6)
Actions of the Game	Acting through resistance – forcing yourself Mind Reacting – Experiencing Isolation
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	Results that are NOT happening Attempting Control – Experiencing Frustration
Intended Results of the Actions	1)
1)	2)
2)	3)
3)	4)
4)	5)
5)	
6)	

How to use the Inner Freedom Method Play Sheet

Left Side – The Game

1) Name of the Game:

In the first box on the left write the name of the game

2) Purpose of the Game – Why are you playing?

Understand how this game connects to the players life

3) Primary Objectives in the game?

Three things they want to accomplish in the next 3 months. Make sure at least one is tangible. AND make sure these objectives are a BIG stretch for the player that will pull them out of their comfort zone.

4) Actions of the Game

Create a list of recurring actions; Actions that are important in the game on a daily basis. Especially find out actions that would be BIG even if they are not doing them right now.

5) Intended Results of the Game

For each recurring action, what does the player want to have happen when they do this activity.

Right Side - Areas of Inner Resistance - What is not happening?

This part of the play sheet is used as you get into the game and identify specifically what your player needs to focus on how to play better and get more consistent results.

6) Actions that you are NOT doing - Resisting / Avoiding – Experiencing Overwhelm

Ask your player which activities do they tend to resist or avoid

7) Acting through resistance – forcing yourself - Mind Reacting – Experiencing Isolation

Ask your players which activities they do only when they really FORCE themselves to do it. Or they do it typically after procrastinating.

8) Results that are NOT happening - Attempting Control – Experiencing Frustration

Here you will note the results that your player wants most to achieve BUT they are not happening often enough.

Section 3 – The Inner Freedom Method

Chapter 1 – Inner Freedom: Play with Fear

What Inner Freedom is

Inner Freedom is the ability to freely choose the best action or non-action in any moment. Inner Freedom accelerates your ability to create the results that you desire in your game and in your life.

Inner Freedom.

Feeling of being At ease in the situation

The courage to act in the moment

Being in the flow and knowing what to do next (or knowing when to do nothing)

The absence of fear

Awareness and integration of feelings (body wisdom) and thoughts and emotions

How to PLAY with fear

What does “Play with fear” mean to you?

- a) Approach fear with the spirit of play; with curiosity and full engagement
- b) Play EVEN when you experience fear

The BIG IDEA - The power to manifest aka to create results

Your pure heart intentions are a powerful source of energy.

Your feelings, thoughts and actions are the energy that will go toward that intention and attract opportunities

When they are aligned they flow in the direction of your vision - things happen

When they are not aligned they create resistance and then your hearts intentions do not manifest.

Create a BIG game that will pull you outside of your comfort zone

Your comfort zone – what is it?

The comfort zone is not good or bad

Inside your comfort zone you are familiar with everything happening

Inside your comfort zone you are familiar with your thoughts and feelings and actions

Inside your comfort zone you know what to do because you have done it before

Familiar / comfortable does NOT mean you like it or it is desirable: You may not like it but it is "comfortable"

Outside the comfort zone it is where you are growing

Outside the comfort zone is where you are trying new things

Outside the comfort zone is where you experience risk

Inner Freedom Method™ Coaching Playbook

As part of the game for in the Inner Freedom program you will take on a Play Mission that will pull you out of your comfort zone... Intentionally!

Here are a few notes about this from the content in this chapter.

How to step outside of your comfort zone...

Key Point: Focus on actions where you are engaging with other people rather than things you will do alone. Solo tasks are generally safe - even if new - People actions are more scary.

example: if you are wanting to walk 2 miles a day and that is outside of your comfort zone.

Make it REALLY outside your comfort zone by enrolling a few people as walking partners. Every day walk 2 miles with someone!

REMEMBER: Tasks are Safe - People are Dangerous

REMEMBER: It only takes A LITTLE BIT OF FEAR for something to be outside your comfort zone

Explore the BIG game for FEAR and inner conflict

Inner conflict is a natural consequence of playing BIG in the world.

What does it mean to play BIG in the world?

"Playing BIG" means different things to different people. However there are some common characteristics.

- Express your talents - especially those you keep hidden (your true gifts)
- Play to add value to the lives of others
- Challenge yourself to do something you have not done before
- Be assertive about who you are and what you want
- Stretch to expand the value you create for others
- Take action on desires from your heart

We have a theory:

When you play a bigger game, you create inner conflict.

Inner conflict creates chaos in your world.

- When you play BIGGER you are doing things you have never done before. Or they are similar but with more risk or more importance.
- When you push into the unknown, you often experience doubt and uncertainty. You have to face the risk that you may fail or be disappointed; or disappoint others
- The human imperative to be comfortable, safe, in control, in familiar terrain is a powerful force in our lives.
- Humans are pattern creation beings - everything we do more than a few times we create a pattern; we do this so that we can do it without "thinking" about it every time; e.g.. driving home from a familiar place. brushing your teeth
- You experience "chaos" when you don't have a pattern for something. You can't quickly make sense out of what you are seeing or doing.
- Often your beliefs about yourself don't fit in the bigger game which creates inner conflict with who you know yourself to be.
- Often physical sensations (feelings) start to buzz in your body; This FEELS uncomfortable which creates inner conflict with the desire for comfort.

Inner Freedom Method™ Coaching Playbook

- Often the people in your life get uncomfortable because they don't like to see you change. (even if they often complain about the way you ARE!!)
- You have a strong desire to NOT disrupt your relationships. Often this is why people pull back from their big game rather than experience inner conflict.
- When you play bigger there will be A LOT of activities that create "a little bit of fear"; A little bit of fear will STOP YOU almost every time.
- This program is ALL ABOUT how you PLAY with that fear.

Coaching Outline for Session 1

**** Coaching Dialogue with Notes ****

A typical coaching scenario is where you are coaching your player in their game and when they begin to struggle with a certain important action or result you would begin using the Inner Freedom Method.

Another scenario is where they come to you as a Coach BECAUSE they are frustrated in their pursuit of the action or result. In this case you will get right into the Inner Freedom METHOD. But before you do that you MUST understand the game they are playing and get the big picture.

This is the approach we will take in this class and you will take with your Inner Freedom Practice Players.

So your first session with your player/partner will be a typical discovery session with an Inner Freedom Twist. You will find out about their big game and then explore all of the areas where they are currently experiencing resistance, reaction, overwhelm, isolation and frustration.

Inner Freedom Method™ Coaching Playbook

Use the Inner Freedom Method Play Sheet to guide your inquiry

1) Define the Game

Fill in the left side of the play sheet first.

ASK: What is the (New/BIG) Game?

ASK: What is the purpose of the game?

ASK: what are your objectives for this game over the next 3 months

ASK: what are the primary actions of this game? What do you need to do?

ASK: Most importantly, what are the recurring actions of the game?

ASK: what are the results that you are playing for on a regular basis?

What needs to happen on a regular basis for you to win?

{Coach, mostly listen during this part. Share insights and curious questions if they pop up.}

2) Explore the Game for FEAR and Inner Resistance

Next, explore the new game for Inner Resistance using the right side of the play sheet

{Coach, here you really need to focus on being full present, judgment-free awareness even a little lightness. People often take being a little stuck REALLY seriously. Your "lightness" and not getting sucked into any "drama" will prepare your player for the energy of PLAYING with fear.}

ASK: What are the actions that you are NOT taking?

ASK: What are you resisting or avoiding?)

ASK: Are there are times when you could be doing important things and you find yourself doing trivial things or "busy work"

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can't figure out where to begin?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: What are the actions that you are taking but you experience resistance?

In other words, you have to force yourself to do them? Or you have to "talk" yourself into it.

ASK: Are you experiencing reactive or negative thoughts?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: What desired results are NOT happening?

ASK: Where are you experiencing frustration?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

3) Review the Situation

ASK: From this review, what is your assessment of your situation?

4) Do they need challenge or support?

(Are they in or out of their comfort zone?)

If support / encouragement is needed...

SAY: This is where the next level of coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing a big game! I have a powerful methods that we will use together to get you back into the flow of creative action and results.

Inner Freedom Method™ Coaching Playbook

If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that the game is too easy for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not challenging yourself. So, I am going to challenge you to play a bigger game to get out of this rut.

5) Give them the "Play and Journal" Game:

ASK: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of inner resistance?

ASK: What are the results that you want to come from that activity?

SAY: Keep a little journal of your experiences as you play (or avoid playing): .

NOTICE AND JOURNAL...

- a) Actions that you KNOW would help you to win – but you avoid
- b) Actions that you take through great resistance.
- c) Thoughts that pop up while you are playing that are not supportive.
- d) Thoughts that pop up while you are not playing
- e) Notice the results that are happening and NOT happening

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

Chapter 2- Step #1) Replay the Critical Moment

Dwell in the Conflict

The BIG Game creates Inner Conflict – There is NOTHING wrong with you!

In this session your instructor will lead an important conversation about “Dwelling in the Resistance” And then review of a few key ideas about Inner Freedom with key differences between Inner Freedom and typical self help concepts.

Important Notes

It is very important for coaches to learn how to dwell in the resistance.

What is your natural reaction when your player is facing resistance?

Why do you do that?

Distinctions between typical self-help and the Inner Freedom Method

Self Help = There is something wrong with you and we can fix it!

Inner Freedom = Inner resistance is a natural consequence of playing big, there is nothing wrong with you.

Self Help = Banish negative thinking from your mind.

Inner Freedom = All thoughts are useful because we can learn from them using judgment- free awareness; Banishing them is impossible anyway.

Self Help = You must learn to suppress your Emotions.

Inner Freedom = Your emotions are a pathway to inner wisdom. You can learn from them.

Examples of Inner Conflict

In this session your instructor will lead a dialogue about Inner Conflict including several real life examples. Come to class prepared to share your own examples

Important Notes

How to find Inner Conflict

1. Important actions known and avoided
2. Important actions taken through great resistance
3. Important actions are taken without desired results

The BIG QUESTION - What is NOT happening?

Real Life Examples of Inner Conflict

- 1) You need to make the phone call - but you are not making it.

Inner Freedom Method™ Coaching Playbook

You find yourself in the kitchen cleaning dishes; (or reading emails; or on facebook)

Example: You can use the Inner Freedom Method to discover the inner resistance - the LITTLE BIT OF FEAR - in the phone call that has you go on "auto pilot" to do something with 100% certainty

2) You want to lose 10 pounds - and have been wanting to do this for what seems like forever. Yet, often you find yourself sitting in front of the TV eating potato chips!

Example: You can use Inner Freedom to find out: What is the discomfort in that moment that has you watching tv and eating potato chips for comfort.

3) You want to be a savvy business person - yet you often make decisions that are counterproductive?

Using Inner Freedom Method you can determine the cause of these counterproductive actions.

Example: When you were 6 yrs old you had a little bother who was 4. You were playing games and you would always win - you were older and smarter - and your little brother would cry and run to mom. Your mom tells you not to win all the time. So sometimes you make mistakes in the game on purpose to let your brother can win. Now you are still doing it!

4) You want to a great relationship but you avoid being truthful, or assertive or asking for what you want, or saying when something is bugging you.

Example: Using Inner Freedom you could pre-play a conversation where you ask someone for what you want. You can then learn where the fear is coming from.

5) In wealth creation - you want to save \$500 per month but instead you buy things that are not essential (like new CD's)- why did you buy them? -

Example: Using Inner Freedom Method you can go into the critical moment in the audio store when you picked up the CD's and walked to the counter, and find out EXACTLY why you did this. In some way it was making you feel safe. Then you will have the opportunity to make a choice that will serve your financial game better next time.

BIG POINT! - Just a little bit of fear will divert you

When you set out to do something that is outside of your comfort zone, it only takes "just a little bit of fear" to divert you. Typically you will unconsciously move to do something where you have 100% certainty and no fear; such as walking, email, cleaning, getting coffee, eating, watching television

Inner Freedom Method Step #1: Replay the Critical Moment of Choice

The purpose of the Replay (Pre-play) the critical moment technique is to identify patterns of Inner Resistance.

Inner Resistance occurs when an individual has two energies that are in conflict. One example is the desire to take a certain action or get a specific result and the conflicting energy could be the desire to avoid activities that are outside of the comfort zone and bring up physical sensations of fear. Or there could be an unconscious belief that it is dangerous to be successful and that energy is in conflict with actions that create positive results.

Inner Freedom Method™ Coaching Playbook

Often these key activities and situations will come up naturally while talking about the game and results in your sessions. However, sometimes you will have to use your coaching intuition to identify and talk about where your player is avoiding something important.

Often these situations are described as procrastination or being too busy! NONSENSE! Your player is never too busy to do the most important activities that lead to playing well and winning - when there is no action there is an energy conflict somewhere.

**Remember: immersing in busy work is
a natural response to
discomfort and fear.**

There are an infinite number of potential energy conflicts for an individual; however there are several patterns that you will see time and time again as a coach. This method will help you to see these patterns.

KEY = Hone in on a specific moment / a specific action

- You can do this with a specific moment from the recent past.
- You can do this with a typical moment for the near future
- This is a powerful visualization technique.
- By visualizing you can slow down the moment so that you can explore the thoughts and feelings that are a blur in the actual moment.
- You replay the moment to expand awareness of all of the energies that affect the players choices and actions.

Inner Freedom Method™ Coaching Playbook

Coaching Outline for Session 2

Focus on step #0 find the critical moment and that leads to step #1. Also do a short version of steps 2, 3, and 9.

0) Explore for inner resistance

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

We will also practice "Dwelling in the resistance".

ASK: *Are there any key actions that you are avoiding or resisting?*

Listen for hesitation and uncertainty

ASK: *Are there any actions that you take through great resistance?*

Where you really had to force yourself to do it?

Listen carefully.

ASK: *What about results? Are there any key results that are not happening?*

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

1) Replay the critical moment of choice

Coach Note: When you play a big game you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is too to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

1a) Choose The "moment" to focus on

Coach Note: when you know the game your player is playing, your experience will guide you to the "moment" that is most important.

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

Coach Note: They may know EXACTLY what it is. OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard during the conversation.

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what is happening and not happening.*

ASK: *The activity that you are struggling with is X?*

And when you do X (the action), what do you want to have happen?

Listen!: It is important that you are both clear about the action and the intended results.

Find a RECENT moment to replay or FUTURE moment to pre-play

Inner Freedom Method™ Coaching Playbook

ASK: Can you recall a recent example of the action or a time when you were avoiding the action?

If there are several...

ASK: which one was the most intense?"

if they cannot recall a specific example...

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

1b) Start the Replay Technique

SAY: we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going to replay a recent moment of you playing your game and explore it for energy patterns.

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

- **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 recreate the scene.

ASK: Can you describe the scene for me?

Coach Note: Listen carefully and get into the moment with them. Make sure you can "see" it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

***** Next we will expand Step # 2 Using judgment-free awareness**

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

With this step you will scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

It is VERY important that you introduce the concept of "Judgment-free Awareness" to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step out of your comfort zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a "Core intention" to keep safe / play safe / fit in. When you scan for thoughts you need to recognize that it is the "core intention" that is stirring up those thoughts.

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

SAY: It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.

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

SAY: Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

3) Feel the Energy in the Body

Inner Freedom Method™ Coaching Playbook

Your body is your unconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations.*

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

They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

ASK: *When you scan your body; What do you feel?*

Listen as they share. You can encourage them to check their gut, chest, throat...

ASK: Can you describe these sensations for me?

SAY: I acknowledge your courage for noticing and feeling these things!

ASK: *Which sensation is the most intense?*

9) Replay the moment with new pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

Create a NEW Picture

It is important to create a new picture 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 you to live into for the next game.
- **SAY:** Close your eyes again for a few moments.
- **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)

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.

Conclusion) Create the NEW Game to play and journal

- **SAY:** Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

SAY: I have an important assignment for you:

SAY: We are going to create a new game for you to play this week.

Inner Freedom Method™ Coaching Playbook

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

- a) Actions that you KNOW would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you in the game - things happening and NOT happening
- d) Practice using judgment-free awareness whenever you can.

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.

Chapter 3 – Feel the Energy

Expand Awareness

Why is Expanding Awareness Important?

- Because we don't see our own patterns - once something becomes a pattern the subconscious takes over and you don't see it anymore
- Proficiency: Reveal the client to themselves
- Framework: Awareness is unifying

What do you want to expand awareness of?

- Patterns!!!!
- Blind Spots
- Out of comfort Zone activities
- Hearts desires
- New Possibilities
- "Reality"
- Physical sensations "feelings"
- Thoughts
- Recurring Actions

Review Inner Resistance Clues

- 1) actions not taken / avoided
- 2) actions taken through great resistance
- 3) actions taken with poor results

Overwhelm and the Capacity to Feel

What Overwhelm Really Is

- Overwhelm is resisting feeling a physical sensations in the body
- The experience of overwhelm is too much feeling - it is a breaker switch that cuts off body awareness -
- The experience is feeling frozen - stuck
- I don't know what to do
- You KNOW with your body - your body is your subconscious mind
You THINK with your conscious mind using reason and logic
- The expressions "I know in my heart" or "I knew in my gut" are not metaphorical. They are physiological reality
- When you resist feeling you disconnect from your body - your body is where you KNOW
This is why you feel like you don't KNOW what to do.

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- I don't know = I'm not connected to the energy in my body = I am overwhelmed
- The optimal state for powerful action is when feelings (intuition and body wisdom) and thoughts (reason and logic) are aligned

Your Body is an Energy Pipe

Your body is like a pipe that energy flows through. The size of the pipe expands throughout your younger years and you can continue to expand it as an adult through exercise. Most life experiences stir up very little energy so it flows right through us. But some experiences – especially when we are young but occasionally as an adult too – cause BIGGER energy than we can handle at that time so we “go into overwhelm” and the energy gets stored in the body.

Also, when a present moment is energetically similar to a moment that is stored in the body, your body will BUZZ with stored energy.

Going into “overwhelm” is like a “breaker switch” for the pipe. Instead of flowing the energy by feeling it we store it and go numb to it or release it with a physical reaction like crying or laughing.

This is also the explanation for the myriad numbing activities (when done to excess) that humans are known for: alcohol, drugs, television, sex, shopping, caffeine, sugar

What about "too much to do" overwhelm?

You can only do what you are doing right now.

Overwhelm is how you feel about what you are not doing.

What about "too much information" overwhelm?

This is usually caused by intense feelings of fear of disappointing yourself or someone else because of what you won't be able to do if you can't retain all of the information.

What about "too many choices" overwhelm?

This is caused by intense feeling of loss about what you don't choose. or fear of choosing the wrong one.

Why expand the capacity to feel

Expanding the capacity to feel is like expanding the size of your pipe. More can flow through without getting stuck.

The benefits of expanding the capacity to feel?

- Greater access to wisdom
- Less experience of overwhelm
- Great ability to stay "present" in the moment no matter what is happening or not happening
- doing the feel the energy exercise is like going to the "feeling gym" to expand your capacity to feel

Key point: BIG part of coaching is to help your player expand capacities

Capacity is like a pipe - expand the bandwidth so more can flow - less overwhelm, less freezing, more presence, more freedom and power in the moment

Inner Freedom Method Step 2: Use Judgment-free Awareness

Common Judgments

Inner Freedom Method™ Coaching Playbook

Something is wrong with me because...

- I have negative thoughts; or
- I didn't do something I wanted to do; or
- I am not getting the results I wanted; or
- I keep revisiting the same issues in every workshop I do
- I keep making the same mistakes
- (the trouble with self-help)

Inner Freedom Framework

All thoughts, feelings and actions serve some purpose

There was a wisdom appropriate at the moment the pattern started
AND that pattern may not serve your new intention to play a bigger game.

Judgment-free Awareness

- Freedom from the chorus of voices calling for perfection / batting you around
- Accepting & welcoming what is
- Being curious and watching as we play & absorbing it -> while moving toward our picture of ideal
- Concept first made popular by Timothy Galway in the "Inner Game of Tennis"

In the Replay the Moment method there was a part where we explored the thoughts that occurred during the "Moment". Today we will expand that part of the method using judgment-free awareness.

It is good to know a LITTLE bit about the conscious mind

This will help you to have perspective while coaching and while playing BIG

A) The Mind is a powerful thing!

It is Creative AND Destructive

Conscious - Subconscious

Think Iceberg - conscious above the water line (10%) - subconscious below the water line (90%)

Your Body is your subconscious mind = Intuition + Knowing

Your Brain is your conscious mind = Thinking + reasoning

B) Prone to fantasy, delusion and magical thinking

we love: movies, novels, stories

C) Prone to suffering

Byron Katie: all suffering is an argument with reality

D) We ARE Light AND Darkness // NOT good or bad

Some thoughts reveal the light. Some thoughts reveal the darkness.

E) Most important: The imperative to survive (Play Safe) + The desire to contribute (Play BIG)

These powerful forces within us are almost always in conflict. So... we must learn to be at ease with this conflict so we can choose in each moment what is best.

This conflict can either be a fight or a dance.

Inner Freedom Method™ Coaching Playbook

Inner Freedom Method Step 3: Feel the Energy in Your Body

In this session we will go deeper into the Body Scan portion of the method with the purpose to help our player expand his/her capacity to feel. This will greatly reduce overwhelm, expand awareness and increase power.

- The exercise is remarkably simple and extremely powerful.
- The simple explanation is that you will shift from resisting the uncomfortable physical sensation to simply "allowing" it to be there.
- Somatic (of the body) – is a fully accepted part of coaching. Have no fear that this is “therapy” because you are talking about feelings and emotions.
re: the fear of digging up old stuff that you can't handle...
it doesn't happen like that - the natural breaker switch will prevent it
- There are many nuances to the technique several of which are embedded in the coaching dialogue.
- For MANY people this will be the first time they attempted to focus on the "uncomfortable" feeling rather than the natural response which is resist or avoid it.
- Your coaching presence with them makes a HUGE difference in their ability "stay with it" when their habit - since forever - is to NOT feel it.
- TALKING IS A COMMON DIVERSION: There are a few simple questions that you will ask them to bring their awareness to the "feeling". It is important that you NOT get lost in these questions or get into long conversations about it.
Remember: Your player has been avoiding feeling for most of their lives so this will seem pretty scary. and they will likely try a few avoidance techniques with you.
- Your gentle persistence and encouragement is essential in the method
- Often your player will have several different sensations. Ask them to choose the one that is most intense.
- Often while they are feeling the sensation it will dissipate or disappear. These are both natural occurrences but NOT the objective of the exercise. The objective is the experience of feeling - whether the sensation stays or goes does not really matter.
- Often while they are feeling the sensation it will "move" to another part of the body. Track it. Do the same exercise on the feeling in the new location.

Coaching Outline for Session 3

Go quickly through steps 0 and 1: Identify the moment to pre-play / replay

Go into detail in steps 2 and 3: Judgment free awareness of thoughts and feeling the energy in the body.

Go quickly through step #8: Create a new picture

0) Explore for FEAR and inner resistance

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

ASK: *Are there any key actions that you are avoiding, resisting?*

{Listen for hesitation and uncertainty}

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ASK: *Are there any actions that you take through great resistance?
Where you really had to force yourself to do it?*

{Listen carefully}

ASK: *What about results? Are there any key results that are not happening?
Maybe something where you are doing what you need to do but the results are not happening or
not happening often enough?*

{Listen. This is often where you will find the struggle}

1) Replay the critical moment

When you play a big game you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is tool to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

1a) Choose The "moment" to focus on

Coach Note: when you know the game your player is playing, your experience will guide you to the "moment" that is most important.

ASK: *What "moment" do you think we should focus on right now?
They may know EXACTLY what it is.
OR they may not know!*

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

- **SAY:** *OK let's make sure we are clear on what is happening and not happening.*
- **ASK:** *The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?*

Listen!: It is important that you are both clear about the action and the intended results.

Find a RECENT or FUTURE example to replay

- **ASK:** *Can you recall a recent example of the action or avoiding the action?*
- **If there are several...**
ASK: *which one was the most intense?"*
 - **if they cannot recall a specific example...**
ASK: *can you simply imagine yourself doing the activity in the future using visualization?*

1b) Start the Replay Technique

SAY: *we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened?
Well, that is what we are going to do right now in your game. We are going replay a recent moment of you playing your game and explore it for energy patterns.*

Ensure a Safe Space

Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

Inner Freedom Method™ Coaching Playbook

- **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 recreate the scene.*
ASK: *Can you describe the scene for me?*

Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

*** Next we will expand Step # 2 Using judgment-free awareness

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

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It is VERY important that you introduce the concept of “Judgment-free Awareness” to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step out of your comfort zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a “Core intention” to keep safe / play safe / fit in. When you scan for thoughts you need to recognize that it is the “core intention” that is stirring up those thoughts.

SAY: *Now we are going to look at the moment from several different perspectives.
Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise.
You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

ASK: *With the moment slowed down a bit is there anything else that you notice about the situation?*

ASK: *Do you have any inklings about what the block is?*

AGAIN: Wait and Listen

3) Feel the Energy in the Body

Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

3a) Scan the Body

Inner Freedom Method™ Coaching Playbook

SAY: *Now I want you to scan your body for physical sensations.*

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

They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

ASK: *When you scan your body; What do you feel?*

Listen as they share. You can encourage them to check their gut, chest, throat...

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

ASK: *Which sensation is the most intense?*

If they are not sure, just pick one.

NOTE: if they feel nothing:

this is not likely but it does happen sometimes; often people have a challenge with feeling...

SAY: Often it takes practice to feel the subtle energies in the body. But I assure you the physical sensations are in there. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

Stay quiet. Stay certain that they can do it. Give them time to get into the experience.

NOTE: often a person will start talking and talking as a way to avoid feeling: Interrupt them gently. Ask them to just feel. The coach's certainty and comfort is ESSENTIAL here.

NOTE: if the STILL feel nothing:

This will be quite rare. But there are times when the person is just REALLY blocked and has essentially gone numb to the whole experience. If this happens you just want to encourage them to pay close attention to their body in the week ahead. You can make the most out of the situation by skipping ahead to step #8.

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

Next we will guide the player through the experience of feeling the energy in the body – just allowing it to be there.

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

You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

ASK: *Where is the feeling in your body?*

ASK: *Does the feeling have a shape? What is it?*

ASK: *Does the feeling have a color? What is it?*

ASK: *Does the feeling have a temperature? What is it?*

Be very affirming and open to whatever IS 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.

3c) Debrief the experience – Listen for patterns

ASK: *What was the experience like?*

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

3d) Go Deeper (Unless it is not necessary)

ASK: *Do you feel that you are able to go a little deeper?*

If yes, Refocus them on the physical sensation;

Coach Note: VERY often the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds or 1 minute.*

Encourage them gently – this is often a BIG moment for them.

3e) Explore the meaning of the physical sensation as a “block”

This is an interim step that will be replaced by step #4 the next time you do it.

ASK: What do you think the physical sensation is about?

ASK: What might it be trying to say to you?

9) Preplay the moment with new pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

Create a NEW Picture

It is important to create a new picture 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 you to live into for the next game.
- **SAY:** Close your eyes again for a few moments.
- **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)

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.

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Conclusion) Create the NEW Game to play and journal

- **SAY:** Our purpose was to create deeper awareness about your situation and the unconscious patterns at play and I think we accomplished that! Way to go!

SAY: I have an important assignment for you:

SAY: We are going to create a new game for you to play this week.

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

a) Physical sensations that buzz in your body as you resist the actions that are important to your game

b) Notice thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too

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.

3.7) Highlights from the session

Chapter 4 – Make Your Mind Your Ally

Inner Freedom Method Step 4: Scan for emotions and “Memory Pops”

After you do step #3 - Feel the energy in the body...

There is a powerful next step where you explore with your player the source of this energy that they are feeling in their body.

Understanding memory pops

If you have practiced the Inner Freedom method of feeling the energy in the body (with yourself or with a player) over the past week then you have probably experienced a “Memory Pop”. A Memory Pop is when a memory of a past event or experience “pops up” while feeling the energy in the body. This is a very common phenomenon because the buzzing energy in the body is connected to a past event.

As we go through life we experience events; some that involve us directly, others that we observe. Some events happen thousands of times like eating a meal. Some events happen rarely – like a parent or sibling dying. All events that we experience have energy but some have a lot more energy than others. Most events have little energy so the energy easily flows through the pipe. Some events are more energetically intense. The intensity of the event is relative to the size of your pipe (capacity to feel) at the time.

So, when you are small, and your capacity to feel is small a LOT of the events that you experience are too big for the pipe. When this happens the energy stays in the body rather than flowing through.

Then, any time an event happens in the present that is energetically similar to the past event, the place in the body where the energy was stored will “BUZZ”. This “BUZZING” energy is uncomfortable so most of the time we avoid activities, thoughts or even notions that start up a buzzing energy.

THEN... we decide to play a bigger game in life and certain actions that start a buzzing energy can no longer be avoided. This is where YOU – the Coach – come in!

When you have your player feel the BUZZING energy VERY often the memory of a past – energetically similar – event will pop up. And often your player will share this memory with you.

Most of the time, these events are benign but every once in a while they will be rather traumatic. And of course what is seen as benign or traumatic is relative for both the player and the Coach. In any case, your job as the Coach is to be fully present without getting lost in your player’s emotions from the event.

An example:

At age 4 your mom lets you play in the yard and says: “don't talk to strangers”; one day you are out there playing and an interesting looking person is walking by. You want to play with them so you run over and start talking to them.

Your mom freaks out.

This feels REALLY bad and it is very confusing. This is way too much energy to handle so you start crying and then your mom freaks out even more. The emotional energy of this experience gets stored in your body

You have the thought: it is safer if I don't talk to strangers. This becomes a “survival intention” to avoid trouble by avoiding strangers.

And this pattern serves you well when you are a child - both avoiding danger and keeping your mom from freaking out.

Then you are 40 and starting a business and your coach says to go to networking events to meet potential customers. And now YOU are freaking out! (or simply resisting going) your mind comes up with lots of reasons NOT to go to networking events.

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You feel the buzzing energy in your body when you simply THINK about going to the event.

When you feel into this buzzing energy, you have a "memory pop" of your mom freaking out when you walked up to a stranger as a four year old.

Buzzing energy sparks reactive thoughts

This is the mechanism that creates REACTIVE THOUGHTS and is a BIG INSIGHT:

Your conscious mind thinks thoughts that will justify your body's experience

It starts with an uncomfortable physical sensation in the body;

If you resist it, your mind will start to justify why that feeling is true - **you are in danger.**

A little example:

- So when you think: I should go to a networking event to meet new people and move forward in my BIG game! YES! That is a great idea.
- This idea is energetically similar to what happened when you were 4 years old.
- Your body starts to buzz with energy which is uncomfortable.
- You probably don't pay too much attention to the buzzing but you suddenly "feel" that going to a networking event is a bad idea – even dangerous.
- Then your mind – which is programmed for survival – starts to "think" a lot of thoughts that justify NOT going to the event that just moments before you thought was a great idea.
Thoughts like:
"Oh, I can't go that night, my favorite TV show is on." Or
"I can't go to that networking event, my business cards don't have a nice logo"
- Basically, in the presence of this "feeling of danger" your mind will go to great lengths to create thoughts – even ridiculous ones – to justify the feeling and avoid the danger.
- Remember, going to the event was perfectly aligned with your new big game, it makes logical sense to go, but the fear is the stronger energy.

YOUR Conscious Minds #1 job - keep the body safe and alive!

Here is how to do it.

After your player feels the energy in the body.

Ask them: Did you notice any emotions coming up while you were feeling this energy?

Listen for energetically charged thoughts
it is OK if they didn't notice any emotions

Then ASK: When was the first time you remember feeling this energy?

Wait patiently.

A memory pop will usually happen.

Tell them: you don't have to tell me the details about what happened if it is too personal!

Inner Freedom Method Step 5: Name the Survival Intention and find the perfection

Find the perfection of the Survival (subconscious) Intention

So we keep going with our example.

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- The thought of going to a networking event causes you to feel buzzing sensations in the body and your mind comes up with 20 reasons why you cannot go to this event! e.g., too busy! I don't have business cards! These emails are more important!
- This is your mind serving your "survival intention" to stay safe and avoid talking to strangers.(and the survival intention to avoid making your mom freak out!)
- When your body is buzzing with energy you basically have the capacity that you had at the time that energy got stored in your body.
- So during those moments you will literally "feel" like a 4 year old.
- If you "think" about it logically the resistance doesn't make sense. BUT logic does not help you here because when your body feels fear it takes over.
- This is called "inner resistance" because the survival intention to stay safe conflicts with the CORE intention to play big and meet new potential clients. When these intentions are in conflict you experience inner resistance
- Traditional personal development concepts often urge the person to BANISH NEGATIVE THOUGHTS from your mind. This does not work because your conscious mind is not in charge when you feel fear!
- Instead we teach PLAY with fear using judgment-free awareness. Your mind is simply serving an old "survival" intention rather than your new "CORE" Play BIG intention.
- The next step is to create an understanding of the survival intention and see the perfection of how it was created. Embrace it rather than fighting it. This creates peace and an understanding that your mind is capable of serving whatever intention you choose AS LONG as you feel the energy first to ease the fear.
- This is why it is critical to practice feeling the energy first - THEN explore to find the survival intention.
- Learn from each thought and seek to understand the SURVIVAL INTENTION it is serving. Seeing it this way is extremely freeing to most people. "You mean my mind is OK?" Yes. Your mind is awesome - NOW let's get it to serve your new "CORE" intentions more often than the old "survival" intentions from when you were small.

IMPORTANT RECAP

- a) The memory pop helps you understand what happened to create the energy AND put words around the "survival" intention.
- if your player does NOT have a memory pop, you can still find the survival intention by simply "speculating" about the source of the resistance.
e.g.: You seem to be resisting going to the networking event: Your thoughts are serving a survival intention that has more power than your CORE intention to build your business. What do you think the survival intention is?

Inner Freedom Method Step 6: Make your mind your ally

From React to Respond by Thinking Clearly

Shifting: From react to respond

React - your mind supports your survival intention (usually something keeping safe, staying small or fitting in)

Respond - Your mind chooses to support your NEW CORE intention to play BIG

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Your mind is your ally when you can think clearly about the current situation without emotions from the past clouding the picture.

This is why thinking comes AFTER feeling the energy. When your body is feeling buzzing energy from the past it will cloud your thought process.

When you feel the energy your body relaxes and then your mind is free to think thoughts that are aligned with your BIG Game. This is when your mind becomes your ally.

Another BIG point here: When you feel into the energy caused by survival intentions you can then more clearly feel energy related to present- moment intuition. There will be times when what you feel in your body is a “knowing” that IS related to what is happening now and that your conscious thoughts should pay attention to.

Key Point...

What are often described as “Negative thoughts” are almost always thoughts serving a SURVIVAL - unconscious – INTENTION to keep safe, stay small or fit in. And they are serving IT in a positive way. There is nothing wrong with the thoughts you have.

All thoughts serve a purpose. They may NOT be serving your new CRE intentions for your new game – but they ARE serving something.

Your mind is powerful and we will make it your ally by creating awareness of the SURVIVAL INTENTION, seeing the value it has had and then choosing a new intention. “Personal Growth” occurs when you expand your palette of intentions and corresponding thought patterns and consciously choose .

Chapter 5 – Find the Perfection

Understanding Frustration and the shift from control to co-create

In this session your instructor will lead a dialogue about shifting from control to co-create

Important Notes

The experience of Frustration

- unfulfilled expectations
- worse than expected
- things don't go according to plan
- know your purpose but it is not happening
- or not sure what you should be doing and trying so many things and not getting results
- everyone else can do it but I can't
- this is not fun, I can't, why am I doing this. - doubt
- trying to do something - not working
- picture of results - the way it should be but its not happening
- AND - you keep going for it - you are not in apathy

Shift from Control to Co-create

The natural approach to any endeavor is to do what has worked in the past; to use your control. It has to be THIS way.

What are we trying to control?

- people- (and they want to control you too)
- results
- the outcome
- the steps to an outcome
- circumstances
- the environment
- dogs (funny)
- our own reactions / perceptions

Co-create

Co create is when you are in the flow with what is happening in the world around you.

You have an over arching understanding that whatever IS happening, is serving your purposes in some way; EVEN when what is happening seems to be going against your purposes.

Also called being in tune with reality

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Understanding Perfection and being fully engaged and in the flow of right now

Understanding Perfection is essential to masterful coaching

It is one of the coaching proficiencies: Recognize the perfection in every situation

And one of the frameworks

There is a perfection in every situation.

It allows you to be fully engaged in the flow of right now, empowered and resourceful

It gives you power in the domain of Action and the way you Interact with the world

What does it mean to see the perfection in the situation?

You see what is happening as serving your intentions in some way.

You see the balance greater balance of things – the BIGBER picture – of how each moment in “your world” is a part of a bigger whole.

TRUST: there are many paths to your heart-based intentions; so even if what is happening appears to be a setback, it may prove to serve your intentions in a way that right now you can not see.

Clarity or purpose and clarity of intention make is easier to see this framework

In our play language we would say: When you are playing for a heart- based intention, the universe plays on YOUR TEAM

However, you have to know HOW the universe plays!

The universe plays BIG. So when it sees that you have the desire to play big, it will send you BIG challenges so that you can step up and become a big player

It will also send support, but you have to be willing to see it and receive it.

The universe will align to prepare you to become the person you need to be to manifest your intention!

Inner Freedom Method Step 7: Find the perfection in your situation through the balance of support and challenge

When your body is free and your mind is open you can then look at the current situation from the powerful framework of perfection:

Look at current challenges and see how they are serving you

Look at the support that is around you especially support you are not allowing or not receiving

Chapter 6 – Experience the Flow of Gratitude

Inner Freedom Method Step 8: Replay the moment with new pattern language

This is where you go back to the moment you started with in the replay and create a new picture.

You have your player imagine the experience going beautifully - in the best way they can see.

Then after the player does the visualization, ask them to describe what they saw.

This will give YOU important insights into their current level of inner freedom.

Can they even allow themselves to see a new experience? What level of detail can they see and share?

AS you listen you will pick up on phrases that have more energy for them. YOU will be able to feel it as you listen.

Then together you start to create a phrase - pattern language – to capture the essence of the new experience with energy and positive emotion.

Inner Freedom Method Step 9: Experience the flow of gratitude

Gratitude is a popular topic in self-help circles. It is powerful because a deep sense of gratitude is a powerful energy pattern. But how do we experience “deep gratitude” where you “feel it” and “think it” and “experience it”.

This is the ultimate purpose of the Inner Freedom Method.

It starts with the purpose to play BIG – expressing your talents in a way that adds value to the live of others. When you play BIG with a heart-guided intention a LOT of energy starts to flow.

Then you feel the energy in your body and re-create your understanding of energetically charged events in your past. You see how they served your bigger purpose.

Then the body feels safe.

Then your mind opens up and begins to think in terms of possibility rather than survival.

Then you start to see and experience the perfection of the current moment. Your experiences of support and challenge are ALL serving your hearts intention.

You begin to see that the universe IS playing on your team; then that shifts to you seeing that you are on the Universe’s team! Where do you think your hearts intention came from in the first place???

When all of this comes together – you feel it deep inside of you; Then you are truly free to play BIG, express yourself fully, LOVE all of life’s experiences and to fulfill your purpose in the world one beautiful moment at a time.

The big question is: who must you become?

IF you desire THAT...

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First you must become THIS.

When you understand the cycle: “you desires attract experiences to cause you to expand and allow the desire to unfold” you can play big and enjoy ALL of it.

Chapter 7 – Memory Pops

Note to student:

The first 6 chapters provide a LOT of information about the back ground of the Inner Freedom Method how to do the steps of the method.

The final 6 chapters go a little deeper into a few of the more challenging concepts.

However, from a learning point of view, the real learning happens now by using the method... A LOT.

In the teleclass version of the class, the final 6 weeks are mostly about the students sharing their Inner Freedom experiences as a Coach and Player.

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

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
- 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 present moment and how they can bring wisdom to the situation

See the perfection - the key to coaches comfort is practice and ability to see the perfection; power in the moment; increased self- worth

To get a memory pop...

When having them feel the energy in the body,
ASK "when was the first time you remember feeling this energy in your body".

WAIT and LISTEN.

move forward with the method

Key points about how emotional energy gets stored in the body

AS we have already discussed, any experience that has MORE emotional energy than you are equipped to handle at the moment - will be stored in your body.

MOST events that are emotionally overwhelming to you as a child are seen as "normal" or " part of life" as an adult.

AND ... IMPORTANT

Death and abuse ARE a part of life.

You will have memory pops with players where they were abused or they were a party to a tragic event.

What to do when the memory pop reveals an experience of abuse or tragedy...

- 1) Be fully present - compassionate AND not getting lost in the story or taking sides
- 2) Warmly matter of fact - you embrace that this happened - RELISH TRUTH

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3) Recognize the perfection - you hold the deep truth that no matter what happened there was a perfection to it.

Somehow what happened fueled them through life in some positive way.

4) Don't DWELL on what happened!

Go right into - what conclusion did you come to about life?

How did they find a way to "play safe".

This is where you will find the pattern language of the survival intention.

5) Move through the method - focusing next on what is the perfection of survival intention.

How did it protect you?

Or

How did it propel you forward in life?

BIG INSIGHT

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.

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

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.

2) if they share something that YOU are not comfortable talking about, ask them not to get into the details. just explore 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 sessions.)

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 can not 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 an understanding of the 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. You only want to understand it to name and understand the survival intentions.

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.

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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.

As we go deeper into the Inner Freedom Method the big idea is to tune into the phrases that have energy as you go through the steps.

Then you can help them create a new experience of life by creating new language patterns.

The BIG POINT - if you just try to create the new language without first creating freedom around the existing language it does not work. This is why just saying new affirmations rarely brings about change.

Chapter 8 – Pattern Language for Core Intentions

Quick review – When to use the Inner Freedom Method

The situations we have already discussed...

- 1) When they are not doing something they intend to do
- 2) When they are 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 they are taking action -a desired result
Also when...

4) They have hesitation or fear about something they are about to do

- it is very powerful to use Inner Freedom to expand their capacity to feel BEFORE they do it.

5) They say "I don't know" or "I don't know what to do"

Note: when someone says "I don't know" this means that they are not feeling their body. Thinking - logic and reason - are in the head / conscious mind; knowing is in the body

So.. I don't know means

- a) I can't figure this out with logic AND
- b) I can't access my intuition
- c) I can't access my intuition means I can't access the wisdom in my body

6) If they say: "I am overwhelmed"

Overwhelm happens when you are not able to feel.

Overwhelm is not caused by too much to do. You can only do what you can do. So overwhelm is caused by the energetic feeling about what you will not do.

In other words, how you FEEL about what you can't do is what causes the overwhelm

So the key is to practice feeling the energy so that it flows through then you can be fully present to what you ARE doing.

Expand your understanding of the Pattern Language of Survival Intentions

What is a Survival intention?

- It is a decision you make about what YOU must do to survive in this world (to avoid pain)
- It is a decision you make about what you must NOT do to survive in this world (to avoid pain)
- An intention to: Keep safe - Stay small - Fit In
- An intention to stay out of sight - avoid trouble
- The subconscious feeling/thoughts that drive MOST of our behavior
- Core Intentions are your story of where you fit in the world
- Your beliefs about how the world works for you.
- Avoid Disappointment - especially by not asking for or going for what you really want

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Key Distinction: Pattern Language

1. Pattern language is a phrase that captures the essence of the experience.
2. You want to find a phrase based on what they share about the earlier moment that really captures the energy and emotion of the experience.
3. don't try to be nice about it NOR judgmental
4. shine the light on it by stating it plainly
5. if it was a painful decision to make about life state it in a way that captures the "pain"
6. emphasize that this is a pattern of thought
7. They can probably think of many instances where it played out in a similar fashion after the original time.
8. This is because once we make a decision about how the world works, the world works that way.
9. We mostly see and experience in the world around us what is already in our minds.
10. Until we use Inner Freedom that is ;-))

Examples: Language patterns we use to keep ourselves small

- > "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"

Find the perfection of the Survival Intention

This is the deepest part of the method

It is based on the coaching framework that there is perfection in every situation

"Finding the perfection" means

To see how it served you in life

To see what you did in the world as a result of it

To see what you learned from it

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):

At 8 years old she feels that if she wins the bike she will suffer the rage of her sisters.

so she fails the test on purpose

the survival intention - if I win I will suffer

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it served her in staying close to her sisters - fitting in with her family

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

How did the early event reveal or strengthen your core values?

> it is the THING that was missing in the earlier time.

Player Natasha - suppressed her talents to fit in with her family

> Her CORE Value - FREEDOM to be yourself in the world

How does that core 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.

Chapter 9 – Create New Pattern Language

Expand your ability to create new pattern language

Pattern Language:

- 1) a phrase that brings an experience to life.
- 2) it captures the energy essence of something/experience/place

Here are 4 steps to identify the pattern language of the core intention and then create new pattern language

Step 1) as your player is sharing about the core intention or current situation you listen for phrases that are "charged".

Step 2) You dialogue with your player to hone in on a phrase that really captures the essence of the core intention that was formed earlier in life.

Step 3) Then you create new patterns based on who the players WANT to become.

Step 4) Use tools to align with a new pattern language

- a) Practice thinking the new pattern.
- b) Practice by visualizing the critical moment with the new pattern in mind

Also...

c) Personal Environments Coaching (Level 3) is where you put the new pattern into the environment so that it calls you forward.

Chapter- See the Perfection = Self Worth

Recognizing Perfection expands your self-worth

Seeing the Perfection in the current situation and the core intention is an essential part of the Inner Freedom method.

EVERY situation you hear about in class adds to your understanding and awareness and makes you a better coach. By sharing your example, you help EVERYONE become a better coach.

Your instructor will ask you to share an example from your life; either a current situation where you can see the perfection of the challenge, a core intention that you can see how it served your life in an important way.

When you see a current situation or core intention from the Perfection Perspective in greatly increases your self-worth. because you begin to see that the universe is on your team vs. when you feel the universe is conspiring against you - it depletes your self worth.

This helps you move from attempting to control to co- creating with the universe!

How did we come to see that the Universe is conspiring against us?

When we are small we perceive everything in the world as directly related to ourselves. We learn from the big people around us that:

good things happen to good people and
bad things happen to bad people.

The big people are not being malicious in teaching this to the little ones, it is just how THEY learned to manipulate little people to doing what they are told to do.

So when anything bad happens around us or to us it must mean that we are bad.

This perception quite naturally finds its way into our core intentions and becomes a pattern of thinking and seeing the world.

However with practice you can see the world of your personal circumstances and events in a new way

You can practice seeing the perfection in both

- Core Intentions from earlier experiences (choices to stay safe) - how they served you in becoming who you are today.
- Current challenges and situations – how they are serving you in becoming a bigger player

How can a challenge serve your intentions to play BIG?

- **It is asking you to expand who you are in the world**
- **It is serving your intentions to add value to the lives of others**
- By fueling your desire to accomplish something
- By bringing awareness to your core values
- By bringing awareness to your deep desires (or awareness of what you don't desire)
- By expanding your capacities to add value to others

Imagine the universe has created this situation to challenge you to step up.

Who is the Universe ASKING you to become???

Chapter 11 – Critical Moments of Choice

Finding and coaching critical moments of choice

In this session your instructor will lead a dialogue about critical moments of choice
What is a critical moment of choice?

- A recurring moment that has a big impact on your results
- A moment where subconscious patterns are moving you away from critical actions
- A moment where you are out of your comfort zone
- A moment where you are doing something that will have a big impact like a presentation to influential people

Re-Visit the BIG Question: What are you resisting?

In this session your instructor will lead a dialogue about you and your game. We are nearing the end of the program. Is there something in your big game where you are facing inner resistance that you have not yet explored? Now is the time to do it!

Chapter 12 – Becoming precedes results

Becoming precedes results

In ANY big game, there is someone you must BECOME before you are able to get consistent results. This is the nature of play: WHO you are as a person and player is what determines your ongoing success in the game. So often there is a lag between all of the effort you are putting into improvement and when you start to see the results you are expecting.

My certainty is greater than your doubt

The distinction between arrogance and certainty

Arrogance is when you think that you know. And your ego is tied into proving what you know.

Certainty is when you know that you know AND you know that you don't know. You are confident and humble at the same time.

As a coach you have certainty in your Method

As a coach you have certainty in your own ability

As a coach you have certainty in your player and their ability

People HAVE doubts!! This is a good thing because if there were no doubts there would be no coaching!

How has this program increased your certainty as a coach?

Section 4 – Session Outlines

Session 1 – Inner Freedom: Play With FEAR

Read Chapter 1 prior to class. Here is an outline of Chapter 1 with class discussion questions.

What Inner Freedom is

Inner Freedom is the ability to freely choose the best action or non-action in any moment. Inner Freedom accelerates your ability to create the results that you desire in your game and in your life.

Question: What does Inner Freedom mean to you?

How to PLAY with fear

Play with fear has two meanings...

- a) Approach fear with the spirit of play; with curiosity and full engagement
- b) Play EVEN when you experience fear

Question: What could you contribute to the world if you could PLAY with fear?

Create a BIG game that will pull you outside of your comfort zone

In this session your instructor will lead a dialogue about the comfort zone and then have several class members share about their own BIG game and how it is outside of their comfort zone.

The comfort zone is not good or bad

Inside your comfort zone you are very familiar with everything happening

**Familiar / comfortable does NOT mean you like it or it is desirable
You may not like it but it is "comfortable"**

Outside your comfort zone it is where you are growing

Outside your comfort zone is where you are trying new things

Outside your comfort zone is where you experience risk

Key Point: Focus on actions where you are engaging with other people rather than things you will do alone. Solo tasks are generally safe - even if new - People actions are more scary.

Question: Tasks are Safe - People are Dangerous; What does this mean to you?

Explore the BIG game for FEAR and inner conflict

In this session your instructor will lead a dialogue about how inner conflict is a natural consequence of playing BIG in the world.

Playing BIG in the world means that you aim to

- Express your talents - especially those you keep hidden (your true gifts)
- Play to add value to the lives of others
- Challenge yourself to do something you have not done before
- Stretch to expand the value you create for others

Inner Freedom Method™ Coaching Playbook

We have a theory: When you play a bigger game, you create inner conflict.

When you play BIGGER you are doing things you have never done before. Or they are similar but with more risk or more importance.

- This pushes you into the unknown. You often experience doubt and uncertainty. You have to face the risk that you may fail or be disappointed; or disappoint others
- You experience "chaos" when you don't have a pattern for something. you can't quickly make sense out of what you are seeing or doing.
- Often the people in your life get uncomfortable because they don't like to see you change. (even if they often complain about the way you ARE!!) You have a strong desire to NOT disrupt your relationships (more energy conflict) Often this is why people pull back from their big game
- When you play bigger there will be A LOT of actions that create "a little bit of fear" A little bit of fear will STOP YOU almost every time

Question: What is your BIG game and how will it take you outside of your comfort zone and into inner conflict?

Inner Freedom Method™ Coaching Playbook

Coaching Outline for Session 1

Your first session with your partner will be a typical discovery session with an Inner Freedom Twist. You will find out about their big game and then explore all of the areas where they are currently experiencing resistance, reaction, overwhelm, isolation and frustration.

Use the Inner Freedom Method Play Sheet to guide your inquiry

1) Define the Game

Fill in the left side of the play sheet first.

ASK: What is the (New/BIG) Game?

ASK: What is the purpose of the game?

ASK: what are your objectives for this game over the next 3 months

ASK: what are the primary actions of this game? What do you need to do?

ASK: Most importantly, what are the recurring actions of the game?

ASK: what are the results that you are playing for on a regular basis?

What needs to happen on a regular basis for you to win?

{Coach, mostly listen during this part. Share insights and curious questions if they pop up.}

2) Explore the Game for FEAR and Inner Resistance

Next, explore the new game for Inner Resistance using the right side of the play sheet

{Coach, here you really need to focus on being full present, judgment-free awareness even a little lightness. People often take being a little stuck REALLY seriously. Your "lightness" and not getting sucked into any "drama" will prepare your player for the energy of PLAYING with fear.}

ASK: What are the actions that you are NOT taking?

ASK: What are you resisting or avoiding?)

ASK: Are there are times when you could be doing important things and you find yourself doing trivial things or "busy work"

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can't figure out where to begin?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: What are the actions that you are taking but you experience resistance?

In other words, you have to force yourself to do them? Or you have to "talk" yourself into it.

ASK: Are you experiencing reactive or negative thoughts?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: What desired results are NOT happening?

ASK: Where are you experiencing frustration?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

3) Review the Situation

ASK: From this review, what is your assessment of your situation?

4) Do they need challenge or support?

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(Are they in or out of their comfort zone?)

If support / encouragement is needed...

SAY: This is where the next level of coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing a big game! I have a powerful methods that we will use together to get you back into the flow of creative action and results.

If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that the game is too easy for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not challenging yourself. So, I am going to challenge you to play a bigger game to get out of this rut.

5) Give them the "Play and Journal" Game:

ASK: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of inner resistance?

ASK: What are the results that you want to come from that activity?

SAY: Keep a little journal of your experiences as you play (or avoid playing): .

NOTICE AND JOURNAL...

- a) Actions that you KNOW would help you to win – but you avoid
- b) Actions that you take through great resistance.
- c) Thoughts that pop up while you are playing that are not supportive.
- d) Thoughts that pop up while you are not playing
- e) Notice the results that are happening and NOT happening

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

Inner Freedom Method™ Coaching Playbook

Session 2 – Replay the Critical Moment

Dwell in the Conflict

The BIG Game creates Inner Conflict – There is NOTHING wrong with you!

In this session your instructor will lead an important conversation about “Dwelling in the Resistance” And then review of a few key ideas about Inner Freedom with key differences between Inner Freedom and typical self-help concepts.

Self Help = There is something wrong with you and we can fix it!

Inner Freedom = Inner resistance is a natural consequence of playing big, there is nothing wrong with you.

Important Notes

It is very important for coaches to learn how to dwell in the resistance.

Question: What is your natural reaction when your player is facing resistance?

Question: Why do think you do that?

Examples of Inner Conflict

In this session your instructor will lead a dialogue about Inner Conflict including several real life examples. Come to class prepared to share your own examples

Important Notes

How to find Inner Conflict

- 1) Important actions known and avoided
- 2) Important actions taken through great resistance
- 3) Important actions are taken without desired results

The BIG QUESTION - What is NOT happening?

Real Life Examples of Inner Conflict

- 1) You need to make the phone call - but you are not making it.

You find yourself in the kitchen cleaning dishes; (or reading emails; or on facebook)

Example: You can use the Inner Freedom Method to discover the inner resistance - the LITTLE BIT OF FEAR - in the phone call that has you go on "auto pilot" to do something with 100% certainty

- 2) You want to lose 10 pounds - and have been wanting to do this for what seems like forever. Yet, often you find yourself sitting in front of the TV eating potato chips!

Example: You can use Inner Freedom to find out: What is the discomfort in that moment that has you watching tv and eating potato chips for comfort.

BIG POINT! - Just a little bit of fear will divert you

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When you set out to do something that is outside of your comfort zone, it only takes "just a little bit of fear" to divert you. Typically you will unconsciously move to do something where you have 100% certainty and no fear; such as walking, email, cleaning, getting coffee, eating, watching television

Question: What is the BIG MOVE you are avoiding?

Question: What do you do when you are avoiding your BIG MOVE?

Inner Freedom Method Step #1: Replay the Critical Moment of Choice

The purpose of the Replay (Pre-play) the critical moment technique is to identify patterns of Inner Resistance.

Inner Resistance occurs when an individual has two energies that are in conflict. One example is the desire to take a certain action or get a specific result and the conflicting energy could be the desire to avoid activities that are outside of the comfort zone and bring up physical sensations of fear.

Remember: immersing in busy work is a natural response to discomfort and fear.

There are an infinite number of potential energy conflicts for any individual; however there are several patterns that you will see time and time again as a coach. This method will help you to see these patterns.

KEY = Hone in on a specific moment / a specific action

- You can do this with a specific moment from the recent past.
OR
You can do this with a typical moment for the near future
- By visualizing you can slow down the moment so that you can explore the thoughts and physical sensations that happen so fast you rarely notice them in the actual moment.
- You pre-play or replay the moment to expand awareness of all of the energies that affect the players' choices and actions.

Question: What questions do you have about a pre-play or replay of the critical moment of choice

Inner Freedom Method™ Coaching Playbook

Coaching Outline for Session #2

Focus on step #0 find the critical moment and that leads to step #1. Also do a short version of steps 2, 3, and 9.

0) Explore for inner resistance

ASK: Are there any key actions that you are avoiding or resisting?

{Coach: Listen for hesitation and uncertainty}

ASK: Are there any actions that you take through great resistance?
Where you really had to force yourself to do it?

{Coach: Listen carefully}.

ASK: What about results? Are there any key results that are not happening?
Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

{Coach: Listen. This is often where you will find the struggle}

1) Replay the critical moment of choice

1a) Choose The "moment" to focus on

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

{Coach: just pick one that seems really important right now. }

Clarify the Action and Desired Result

SAY: OK let's make sure we are clear on what is happening and not happening.

ASK: The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?

{Coach: Listen!: It is important that you are both clear about the action and the intended results}

Find a RECENT moment to replay or FUTURE moment to pre-play

ASK: Can you recall a recent example of the action or a time when you were avoiding the action?

if they cannot recall a specific example...

ASK: or we can pre-play a future moment by simply visualizing yourself doing the activity.

1b) Start the Replay Technique

SAY: we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going to replay a recent moment of you playing your game and explore it for energy patterns.

Ensure a Safe Space

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 recreate the scene.

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

{Coach: Listen carefully and get into the moment with them.
Make sure you can “see” it with them based on what they are describing}

***** Next we will expand Step # 2 Using judgment-free awareness**

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

SAY: *Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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

{just listen}

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

3) Feel the Energy in 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?*

{Coach: wait patiently and then you can encourage them to check their gut, chest, throat...}...

ASK: *Can you describe these sensations for me?*

SAY: *I acknowledge your courage for noticing and feeling these things!*

ASK: *Which sensation is the most intense?*

9) Create a NEW Picture

SAY: *OK. Now we are going to create a new picture for you to live into for the next game.*

SAY: *Close your eyes again for a few moments.*

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}

Conclusion) Create the NEW Game to play and journal

SAY: *Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!*

SAY: *I have an important assignment for you:*

SAY: *We are going to create a new game for you to play this week.*

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

Inner Freedom Method™ Coaching Playbook

- a) Actions that you KNOW would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you in the game - things happening and NOT happening
- d) Practice using judgment-free awareness whenever you can.

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.}

