



# Inner Freedom Method™ Coaching Guide

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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.

For Inner Freedom coaching sessions it is a very good idea to set a specific time frame for the conversation; This can be anywhere from 40 minutes to one hour.

### **FOLLOW THE GUIDE AND Don't “Add Anything”!**

While it may seem “unnatural” to coach using a guide, it is essential to do this while you are learning the method.

These outlines will guide you and your player through a sequence of inquiries, this way you can focus your attention learning the method rather than trying to figure out what to ask. It is very effective. Since you will be dealing with fear, it is often very “compelling” to default back to other ways of dealing with fear. Staying with the Guides will keep you learning forward.

It is also important that you don't “add anything” to these sessions. What I mean by that is this: you may have learned other methods that seem similar, like EFT or NLP for example. And you may think in a situation: “Oh, I will just spritz in a little EFT here and have them do some tapping”. Don't do this.

## ***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

3) **When you are the Player DO NOT READ THE Coaching Guide** - be real, be yourself; tap into your desire to play your game better..

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## 4) When you are the Coach - **Follow the Coaching Guide**

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, solve the problem, talk them out of their fear or get them out of their discomfort!

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!**

# 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 you are playing for – Why are you playing?	Actions that you are NOT doing Resisting / Avoiding – Experiencing Overwhelm
	1)
	2)
Primary Objectives you are playing for?	3)
1)	4)
2)	5)
3)	6)
Actions to take while playing	Acting through resistance – forcing yourself Mind Reacting – Experiencing Isolation
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	
Intended Results of the Actions	Results that are NOT happening Attempting Control – Experiencing Frustration
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 if 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.

## 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?*

### Play Life in a way 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

*Question: What does the comfort zone mean to you?*

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

### Explore playing BIG in Life 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.

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

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## 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 WHILE 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) Are they in or out of their comfort zone?

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**ASK:** Do you think you are playing out of your comfort zone right now, OR are you kind of trapped inside your comfort zone?

**If outside the comfort zone then support / encouragement is needed...**

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

**If trapped inside the comfort zone then 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" Activity:**

**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.

## Session 2 – Replay the Critical Moment

Read Chapter 2 prior to class. Here is a brief outline with class discussion questions.

### **Dwell in the conflict / resistance**

#### **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.

*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

##### **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

*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: Preplay / Replay the Critical Moment of Choice**

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

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## 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:

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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.}

## Session 3 – Feel the Energy

Read Chapter 3 prior to class. Here is a brief outline with class discussion questions.

### Overwhelm

#### 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 -
- 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.

*Question: What is the experience of overwhelm like for you?*

*Question: How do you interpret the notion that "I don't know" means you are "disconnected" from the feelings in your body*

#### Your Body is an Energy Pipe

#### 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.

*Question: What would be the benefit to YOU of expanding your capacity to feel?*

### Inner Freedom Method Step 2: Use Judgment-free Awareness

#### Notice your thoughts with judgment-free awareness

*Question: How can judgment-free awareness improve your relationship with your mind?*

### 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.

*Question: What are your questions about feeling the energy in the body?*

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## 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

### 1) Replay the critical moment

#### 1a) Choose The "moment" to focus on

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

**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

##### 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 create 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

**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.*

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**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

### 3a) Scan the Body

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

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

**Listen patiently and then...**

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

**ASK:** *Which sensation is the most intense?*

If they are not sure, just pick one.

### 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:** *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.**

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

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**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

**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 the unconscious patterns at play and I think we accomplished that! Way to go!

**SAY:** I have an important exploration 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.

## Session 4 – Make Your Mind Your Ally

Read Chapter 4 prior to class. Here is a brief outline with class discussion questions.

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

#### **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.

#### **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.**

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

*Question: What are your recent experiences of Memory Pops*

*Question: What are your questions about Memory Pops*

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

#### **Find the perfection of the Survival (subconscious) Intention**

##### **The Key Question**

**After exploring the Memory Pop a little bit...**

**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?*

*Question: What are your questions about naming the survival intention?*

### **Inner Freedom Method Step 6: Make your mind your ally**

#### **Transformational Shift: From react to respond**

*Question: What would be possible if your mind was your ally and you could choose when to play safe and when to play BIG?*

## Coaching Outline for Session #4

### 1) Replay or preplay the critical moment of choice

#### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

#### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

#### Start the Visualization

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

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

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

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

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

**Just wait and listen**

**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

#### 3a) Scan the Body

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

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

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

**ASK:** *Which sensation is the most intense?*

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

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

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**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.

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

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

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

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

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

**SAY:** *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

**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.*

# Inner Freedom Method™ Coaching Playbook

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**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.**

## 9) Preplay the moment with new pattern language

**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.

**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.

## Session 5 – Find the Perfection

Read Chapter 5 prior to class. Here is a brief outline with class discussion questions.

### **Understanding Frustration and the shift from control to co-create**

- Actions taken with unfulfilled expectations
- You are not sure what you should be doing while trying so many things and not getting results
- You keep going for it - you are not in apathy

#### **Shift from Control to Co-create**

When you attempt to control something that you can't control the result is frustration.

#### **Co-create**

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

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

When you co-create with what IS happening you stay in the flow.

**Question:** What is something that you are attempting to control and as a result experiencing frustration?

*Question: What would be the benefit to being about to co-create with what is?*

### **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

*Question: What does it mean to see the perfection in the situation?*

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

*Question: What does "the universe is playing on your team" mean to you?*

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

*Question: What are your questions about Inner Freedom Step #7?*

## Coaching Outline for Session #5

### 1) Replay or preplay the critical moment of choice

#### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

#### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

#### Start the Visualization

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

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

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

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

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

**Just wait and listen**

**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

#### 3a) Scan the Body

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

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

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

**ASK:** *Which sensation is the most intense?*

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

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

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**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.

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

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

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

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

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

**SAY:** *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.

**{Skip Step #6 this time}**

## 7) Find the Perfection in the Current Situation

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

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

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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 through this and other coaching conversations, you are probably aware of several ways that they are being supported

## 9) Preplay the moment with new pattern language

**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.

**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.

## Session 6 – Replay the moment with new Pattern Language

Read Chapter 6 prior to class. Here is a brief outline with class discussion questions.

### Inner Freedom Method Step 8: 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”?

The Inner Freedom Method is a pathway through 3 transformations...

- 1) From resisting to allowing sensations in your body (your body feels safe)
- 2) From reacting to responding to thoughts in your conscious mind (your mind is open)
- 3) From controlling to co-creating with the circumstances around you (your desires are connected)

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

IF you desire THAT experience of expressing yourself...First you must become THIS person.  
The big question is: who must you become?

*Question: What are your insights about the 3 transformations and the BIG question?*

#### Understand the Play BIG cycle:

- 1) You begin with the desire to express yourself in a new way
- 2) Your desire attracts experiences (the challenge is to be grateful for ALL of them)
- 3) These experiences ask you to expand (“become a bigger player” through the 3 transformations)
- 4) Your expanded self allows the desire to unfold.

When you understand this cycle, you can play big and enjoy ALL of it.

*Question: What are your insights about the Play BIG cycle?  
What are you enjoying, not enjoying?*

### Inner Freedom Method Step 9: Replay the moment with new pattern language

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

You start by re-stating the new Pattern Language that you identified in Step 6.

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.

*Question: What is the value of pre-playing the scene with a new pattern?*

## Coaching Outline for Session #6

### Coaching Outline for in-class session

Note: it is slightly abbreviated from the one you will use with your practice players.

#### 1) Replay or preplay the critical moment of choice

##### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

##### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

##### Start the Visualization

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

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

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

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

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

**Just wait and listen**

#### 3) Feel the Energy in the Body

##### 3a) Scan the Body

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

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

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

**ASK:** *Which sensation is the most intense?*

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

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

**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.*

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

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

**SAY:** Let's see if we can identify the Survival Intention that you created in that moment;

**ASK:** When that was happening, what was your plan to keep safe, stay small or fit in?

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

**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.

{Skip Step #6 this time}

## 7) Find the Perfection in the Current Situation

**SAY:** Now let's shift our focus back to the challenge that you are facing in the current moment and look at it as an invitation from the Universe to expand your capabilities. .

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

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

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

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

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

## 8) Experience the flow of gratitude

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

**ASK:** *When you look at how your survival intention have served you and how the current challenge is serving you, can you see how amazing it is that you have this desire to play big and then how all of these things have happened FOR YOU? What do you see?*

Listen and explore together; share what you see after they get a chance to share; this view of the world requires collaboration.

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## 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)

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

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

Listen as they share about the new picture.

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

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

## Coaching outline for session #6 with your practice players

### 1) Replay or preplay the critical moment of choice

#### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

#### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

#### Start the Visualization

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

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

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

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

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

**Just wait and listen**

**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

##### 3a) Scan the Body

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

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

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

**ASK:** *Which sensation is the most intense?*

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

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

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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.

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

**SAY:** Let's see if we can identify the Survival Intention that you created in that moment;

**ASK:** When that was happening, what was your plan to keep safe, stay small or fit in?

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

**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.

{Skip Step #6 this time}

## 7) Find the Perfection in the Current Situation

**SAY:** Now let's shift our focus back to the challenge that you are facing in the current moment and look at it as an invitation from the Universe to expand your capabilities. .

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

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

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

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

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

## 8) Experience the flow of gratitude

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

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**ASK:** *When you look at how your survival intention have served you and how the current challenge is serving you, can you see how amazing it is that you have this desire to play big and then how all of these things have happened FOR YOU? What do you see?*

Listen and explore together; share what you see after they get a chance to share; this view of the world requires collaboration.

## 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)

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

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

Listen as they share about the new picture.

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

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

## Session 7 – Memory Pops

Read Chapter 7 prior to class. Here is a brief outline with class discussion questions.

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

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

**Does YOUR capacity to feel affect your player?**

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

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

### **BIG INSIGHT**

Often in an abusive situation there is usually some inner response like:  
I am going to prove to you that I AM somebody. OR It is not true what you are saying about me.  
Or I am going to make sure this never happens to me again.

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

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

**How to deal with a memory pop of a traumatic moment**

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

### **What is pattern language?**

The Abera Ca Dabera Experience: “I Create As I Speak”

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.

*Question: What are your insights or questions about the power of language to Co-CREATE your life experience rather than simply explain it.*

## Coaching Outline for Session #7

### Coaching Outline for in-class session

Today we will focus on Memory Pops and Survival Pattern Language

#### 1) Replay or preplay the critical moment of choice

##### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

##### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

##### Start the Visualization

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

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

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

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

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

**Just wait and listen**

#### 3) Feel the Energy in the Body

##### 3a) Scan the Body

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

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

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

**ASK:** *Which sensation is the most intense?*

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

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

**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.*

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

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

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

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

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

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

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

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

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

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

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

## 6) Make Your Mind Your Ally

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

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

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

**ASK:** *What is your CORE intention?*

Listen. Also you can remind them.

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

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

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

## {Skip Steps 7 and 8}

### 9) Preplay the moment with new pattern language

#### Create a NEW Picture

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

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

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

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

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

*(wait a few moments)*

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

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

*Listen as they share about the new picture.*

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

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

## Session 8 – Pattern Language for Survival Intentions

Read Chapter 8 prior to class. Here is a brief outline with class discussion questions.

### Quick review – When to use the Inner Freedom Method

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

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

### Expand your understanding of the Pattern Language of Survival Intentions

#### What is a survival intention?

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

#### Examples: Language patterns we use to keep ourselves safe

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

*Question: Share a few examples of Survival Intention Pattern Language*

### Find the perfection of the Survival Intention

#### "Finding the perfection" means...

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

#### A few questions to create awareness...

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

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

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

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

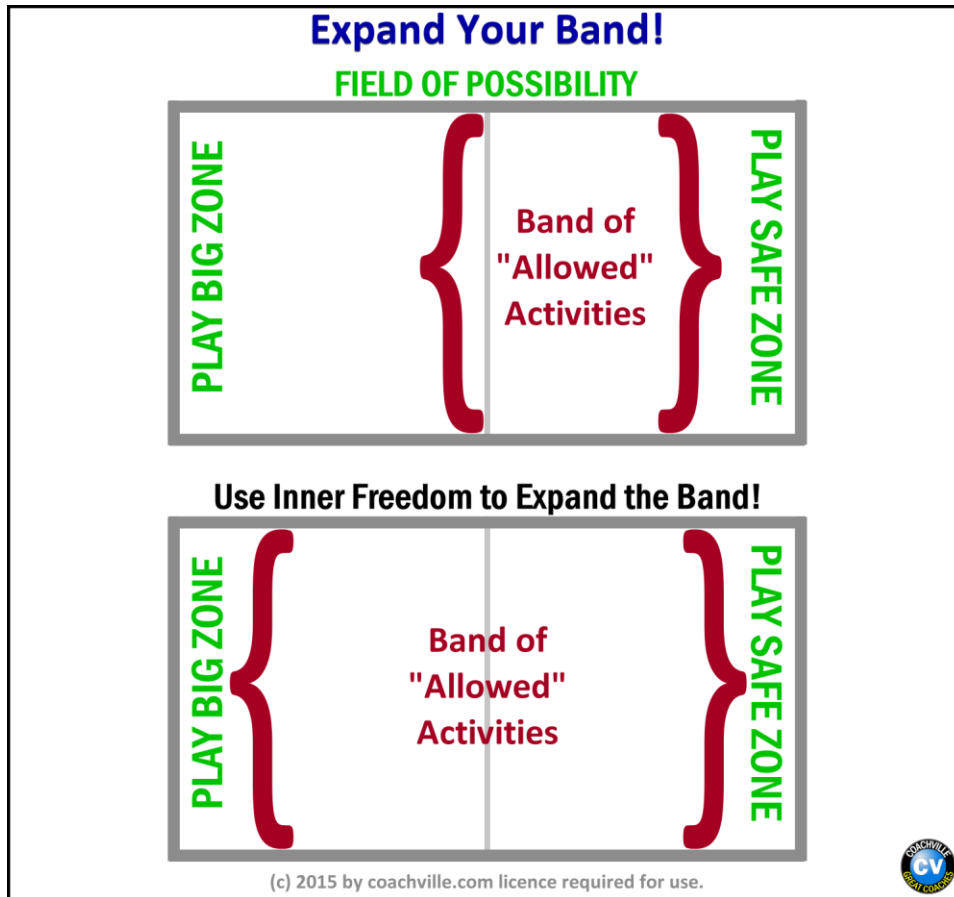
> The event revealed one of her CORE Values: FREEDOM to be yourself in the world. When she rediscovered this about herself, it gave her tremendous energy for her BIG game.

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

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

## Expand the Band

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



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

## Coaching Outline for Session #8

### Coaching Outline for in-class session

Today we will focus on Memory Pops and Survival Pattern Language

#### 1) Replay or preplay the critical moment of choice

##### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

##### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

##### Start the Visualization

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

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

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

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

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

Just wait and listen

#### 3) Feel the Energy in the Body

##### 3a) Scan the Body

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

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

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

**ASK:** Which sensation is the most intense?

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

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

**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.

# Inner Freedom Method™ Coaching Playbook

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

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

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

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

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

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

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

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

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

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

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

## 6) Make Your Mind Your Ally

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

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

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

**ASK:** *What is your CORE intention?*

Listen. Also you can remind them.

# Inner Freedom Method™ Coaching Playbook

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

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

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

## 7) Find the Perfection in the Current Situation

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

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

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

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

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

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

{Skip Step 8}

## 9) Preplay the moment with new pattern language

### Create a NEW Picture

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

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

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

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

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

(wait a few moments)

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

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

Listen as they share about the new picture.

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

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

## Session 9 – Create New Pattern Language for Core Intentions

Read Chapter 9 prior to class. Here is a brief outline with class discussion questions.

### Share Your Breakthroughs

Review the list of breakthroughs at the beginning of Chapter 9 (on Page 71)

Claiming and sharing your breakthroughs is a HUGE boost to your self-esteem.

*Question: What is a breakthrough that you can share?*

### The Power of Metaphor

The interesting thing is that the non-conscious operates in pictures not in words.

However the right words can capture the essence of the feeling in the body and provide a bridge; we call these phrases “Power Patterns”.

So, it is very important to become fluent in “Power Language” and the best way to do this is by reading poetry! Yes, poetry. A great poem uses words in the form of metaphors to create a feeling experience.

The poems of Persian poets Rumi and Hafez are especially wonderful in this way. You can see two examples in Chapter 9.

### The Bus and the Bus Driver

In class your instructor will lead a thought provoking conversation about the metaphor of the bus and the bus driver.

In the metaphor:

**The BUS** - is your super powers; your capabilities; your energy; (even tapping into your spiritual power to make a BIG BUS)

**The BUS Driver** - is your conscious mind - setting the destination of the bus

What are additional elements you could add to this metaphor and what would they represent?

Examples: what is the speed limit?, who are the passengers?

*Question: What elements can you add to this metaphor?*

### Expand your ability to create new pattern language

When you co-create pattern language, it's not about finding the perfect pithy phrase. Just find an energizing phrase that starts the process.

#### Pattern Language:

- 1) A phrase that brings an experience to life.
- 2) It captures the energy essence of something/experience/place
- 3) It is often a simple statement of capability.

*Question: What are examples of Pattern Language that you have experienced so far as either the player or the coach?*

## Coaching Outline for Session #9

### Coaching Outline for in-class session

Today we will focus on Core Intention Pattern Language

#### 1) Replay or preplay the critical moment of choice

##### 1a) Choose The "moment" to focus on

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

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

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

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

**OR**

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

##### 1b) Start the Replay/Preplay Technique

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

**Assuming they say yes...**

##### Start the Visualization

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

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

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

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

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

*What are they?*

*Just wait and listen*

##### 3) Feel the Energy in the Body

##### 3a) Scan the Body

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

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

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

**ASK:** *Which sensation is the most intense?*

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

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

**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.*

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

## 4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

## 5) Find the Perfection in the SURVIVAL Intention

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

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

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

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

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

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

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

## 6) Make Your Mind Your Ally

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

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

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

**ASK:** *What is your CORE intention?*

Listen. Also you can remind them.

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

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

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

**{Dwell in this conversation to practice finding language for CORE Intentions}**

**{Skip Step 7}**

**{Skip Step 8}**

## 9) Preplay the moment with new pattern language

**Create a NEW Picture**

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

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

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

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

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

*(wait a few moments)*

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

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

*Listen as they share about the new picture.*

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

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

## Session 10 – See the Perfection = Self Worth

Read Chapter 10 prior to class. Here is a brief outline with class discussion questions.

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

When you see a current situation or a survival intention from the “Perfection Perspective” it greatly increases your self-worth. This happens because you begin to see that the Universe is on your team and conspiring for you to fulfill your purpose. When you see “life” or circumstances or the Universe is conspiring against you it depletes your self-worth.

When you see that the Universe is on your team to fulfill your purpose it helps you move from attempting to control to co-creating with the universe and “what is”!

### **Upgrading your perspective on Good and Bad**

#### **You can practice seeing the perfection in “bad” things**

- Survival intentions from earlier experiences (choices to stay safe) - how they served you in becoming who you are today.

*Question: Share an example of something that you once viewed as bad that you know have a more neutral perspective or even a perfection perspective?*

### **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

*The BIG Question: Think of a big challenge you are facing right NOW...*

*Who is the Universe ASKING you to become???*

### **How we learn to fear our self-expression**

As you learn to play with FEAR and step up to the big game actions that are out of your comfort zone, it is super valuable to understand where some of our deep fears come from.

You have learned to fear your own self-expression.  
You have learned to fear your Super Powers

*Question: Share an example of a self-expression or a Super Power that you have learned to FEAR.  
And any insights you have gained by playing with that fear?*

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## Coaching Outline for Session #10

In class sessions #10 and #11 you will use your co-created intuition with your player to choose which areas of the method to focus on in your in-class session.

### 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 or resisting?*

Listen for hesitation and uncertainty

**ASK:** *Are there any actions that you take through great resistance?  
Where you really had to power through and 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.

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

Coach Notes: 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...**

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**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 (or pre-play a future) 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 "SURVIVAL intention" to keep safe / play small / fit in. When you scan for thoughts you need to recognize that it is the "SURVIVAL intention" that is stirring up these 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:** *When you imagine yourself in the scene, 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

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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 sensations 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...*

If they are not saying anything, 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.*

Coach 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 they 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.*

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**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.

**ASK:** Can you do that?

**SAY:** Go for it.

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 Memory Pops or 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 source of the inner resistance.

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

**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 an earlier event in life. Depending on what happened, they may or may not want to tell you about it and either way is ok.

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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 a “normal” 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 talk about the experience with them; as long as – as a coach – you are not claiming to offer any healing, just understanding and awareness.

**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.

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

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.

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

**ASK:** *Did you notice any emotions?*

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

## 5) Find the Perfection in the SURVIVAL Intention

At the heart of inner resistance to your Play BIG action is the SURVIVAL intention to stay safe or fit in. (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 survive the situation. And of course since you were young at the time, your capacity to understand was limited. Often these conclusions occur at the non-conscious level of thinking and feeling.*

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

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

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

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

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

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

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

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

## 6) Make Your Mind Your Ally

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.

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

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

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

## 7) Find the Perfection in the Current Situation

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.*

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

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

**(wait a few moments)**

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

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

**Listen as they share about the new picture.**

## 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 exercise 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) 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

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- 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.

## Session 11 – Critical Moments of Choice

Read Chapter 11 prior to class. Here is a brief outline with class discussion questions.

### **Finding and coaching critical moments of choice**

In this session your instructor will lead a dialogue about critical moments of choice

*Question 1: Share a few examples of Critical Moments that you have explored in your own game and with players during the program?*

*Question 2: What have you learned about "uncovering" critical moments in a game?*

### **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!

*Question 1: Share about one or more activities that you were resisting but are now free to play with?*

*Question 2: What is an area of inner resistance that you have not yet gained freedom to play with?*

### **Fearing the unintended consequences of success**

Often when we talk about the fear of success, what we are really talking about is the fear of unintended consequences of success.

When you think about unintended consequences, it is powerful to really get creative about all of the possible negative things that could happen. This will do two things:

- 1) It will help you prepare emotionally for anything that might happen; this makes you mentally and emotionally stronger
- 2) It is a great way to exercise your imagination and embrace the idea that you can play with ANY fear.

*Question: Think of something BIG that you are playing for right now. Brainstorm several possible unintended consequences of success. Include a few that feel real and close to your heart and a few that are further out in your imagination.*

## **Coaching Outline for Session #11**

In class sessions #10, #11 and #12 you will use your co-created intuition with your player to choose which areas of the method to focus on in your in-class session.

## Session 12 – Becoming Precedes Results

This IS Chapter 12... so it's easy!

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.

*Question: Who do you need to become to take your game to the next level?*

### *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!

*Question: How has this program increased your certainty as a coach?*

### *Group Sharing to complete the program*

*Request: Please share your major insights and highlights from the Inner Freedom Program.*

### *Coaching Outline for Session #12*

In class sessions #10, #11 and #12 you will use your co-created intuition with your player to choose which areas of the method to focus on in your in-class session.