

# "From Pain to Power" *recipe*

## **1. Find the trigger *so your co-worker can play it back to you***

What do you want to tackle?

- Someone's awkward behaviour >  
Ask your co-worker (CW) to replay that trigger behaviour to you.
- A negative thought about yourself > CW: "You must / are ..."  
*You should tell your co-worker each time when to replay the trigger.*

## **2. Throw everything out**

Options to respond to the trigger by:

- making non-verbal sounds and movements
- saying whatever you have to say
- behaving as a playful, provocative child.

## **3. Go deeper: Where does the trigger resonate in your body?**

- Describe literally this sensation, the 'Felt Sense'
- Does this 'Felt Sense' remind you of a past situation? > 'Make a Picture'
- What does this 'Felt Sense' evoke?
  - sounds and / or movements
  - words or song?

## **4. Feed your brain with possible new responses**

- Try new responses when the co-worker replays the trigger to you.
- Change roles: How does co-worker respond to you replaying trigger?
  - Then try to respond to the trigger as your co-worker did.
- List your options while counting them on your fingers.

## **5. What after this session?**

Imagine a few following small steps. For instance:

- To whom can I talk to about this?
- Where can I find more information?

## **6. Dis-identify your co-worker from the trigger role**

- How is your co-worker different from playing the trigger role?
- Check with co-worker whether s/he feels sufficiently dis-identified.