

Exercise:

3-2-1 Process

Choose an experience in your life that you want to work with. It's often easier to begin with a person with whom you have difficulty (e.g., colleague, life partner, child, boss). This person may irritate, disturb, annoy, or upset you. Or maybe you feel attracted to, obsessed with, infatuated with, or possessive about this person. In any case, choose someone with whom you have a strong emotional charge, whether positive or negative.

Face It:

Now, imagine this person. Describe those qualities that most upset you, or the characteristics that you are most attracted to using 3rd-person language (he, she, it). Talk about them out loud or write it down in a journal. Take this opportunity to "let it out." Don't try to be skillful or say the right thing. There is no need to sugar-coat your description. The person you are describing will never see this.

Talk To It:

Begin an imaginary dialogue with this person. Speak in 2nd person to this person (using "you" language). Talk directly to this person as if he or she were actually there in the room with you. Tell them what bothers you about them. Ask them questions such as "Why are you doing this to me?" "What do you want from me?" "What are you trying to show me?" "What do you have to teach me?" Imagine their response to these questions. Speak that imaginary response out loud. Record the conversation in your journal if you like.

Be It:

Become this person. Take on the qualities that either annoy or fascinate you. Embody the traits you described in "Face It." Use 1st-person language (I, me, mine). This may feel awkward, and it should. The traits you are taking on are the exact traits that you have been denying in yourself. Use statements such as "I am angry," "I am jealous," "I am radiant." Fill in the blank with whatever qualities you are working with: "I am _____."

Debrief: What did you notice?

Possible Outcomes:

- Witness thinking that may be limiting behaviors and options
- Practice including multiple perspectives
- Decondition and recondition minds to see more clearly: letting in more data and see the role we play
- Access empowerment by loosening rigid thinking patterns
- Increasing compassion & empathy