

Inner Game Gym:

Coach Gym: Inner Game (parts conflict integration for calling in success/ clients)

3 people: 1 coach, 1 client, 1 witness who times 14 mins w/ alarm

The coach will help the client differentiate two seemingly conflicted parts: i.e.: the part that wants sameness & safety (status quo) vs. the part that wants change & growth (successful coach)

Have the client hold hands out front, palms up, facing the ceiling. Invite them to close their eyes and imagine a 3-inch high little sameness-self on one palm (ask the client about little this self: what are they wearing? How old? emot. state? demeanor? mood?)

With eyes closed have them imagine a 3-inch high dreamer self on the other palm (ask the client about the dreamer self: what are they wearing? How old? emot. state? demeanor? mood?)

Ask the client, which one is willing to lead a connection & say hello...then invite that little self to ask the other: "Hello, I see you are standing for something important, what do you see that I don't see? What can you teach or show me? Or...what are you protecting? (Listen carefully)

Try to get one part to share their truth and values with the other part until they feel understood.

Then ask the other listening part if they'd be willing to share their commitment/ values: "I see you are standing for something important, what do you see that I don't see? What are your values? What can you teach or show me? Or ...what are you protecting?" Do this until the part feels fully understood. (Listen carefully)

Coach is listening & looking for how both parts are trying to do something good for their owner (client)... each part is optimizing for some kind of safety/ security/ belonging and



the other is optimizing for some kind of adventure/ growth/ change, all in service of a full healthy life for the client.

Help the client see how both parts are taking care of them in different ways, and point out how they are actually both on the same team. Suggest that they can both work together as allies collaborating to create a safe & pro-growth future. What's possible if they worked together honoring both values, learning to tessellate/combine them?

Have the client bring both parts (hands) closer together (only if it feels right, so check with them first), ask if the parts would be willing to connect physically: shake hands/ hug (NEVER PUSH) and if so, ask client to gently put hands together in prayer so parts can be joined, then have client press both palms into their heart, where 2 parts can now continue to work together in the unconscious, as allies conspiring together for the safety & growth of their owner.

(NOTE: If the client doesn't want to put two parts together, allow that...never push parts together. Let the client know these two parts have now met and begun a conversation, they can continue talking & sharing in service of a possible future friendship where they work together. Every decision they make will be optimized for BOTH value sets, win-win or no-go.

The client can press both palms into their chest separately and allow the 2 parts to continue talking inside their body to understand each other better.)

Deep breath, ask the client to open their eyes & gently orient themselves to the room...and ask them a random, unrelated, easy question to break the trance: What did you have for breakfast? What is your favorite color? What is your favorite food? This is an interruption to their altered state, bringing them back into the body.

Best to imagine the whole process alongside the client...silently in your own head. Guiding, not pushing the outcome you know they ultimately want, just holding vision w/o pushing. See their parts finding each other at their own pace, eventually.

