

Gym: Practicing Steel Man

Groups of 3 (Coach, Client, Witness), Witness times 14 mins each w/ alarm

Coach:

Ask client to **pick an area of life they're feeling stuck**. What's one thought that's holding you in this stuck place? le:" I don't have the skills/ courage/confidence to take action X"

Have client notice what's arising in their body: sensations beneath any feelings, skepticism, disbelief. Calibrate X/10

Have client close eyes and turn inward, taking deep breaths, have them notice what's arising in their body: sensations beneath any feelings, skepticism, disbelief. Calibrate X/10

Release & Regulate: Help them soften into being with the sensations, letting go of what's not theirs (expands out of them into the room/ drains into the ground), have them be with the rest of the sensations, regulating (coping tools), getting to under 5/10

Have client close their eyes and **come up with the inverse of that thought**, the opposite, the antithesis. le:" I do have the skills/ courage/confidence to take action X"

Direct client to notice what's arising in their body: sensations, thoughts, feelings, skepticism, disbelief. This helps them regulate sensations, cope. Calibrate X/10.

Coach: While watching, coach is breathing & regulating themselves first with a deep breath and this invites the client to do the same.

Now have client say the inverted steel man statement out loud. Help client integrate the truth of this phrase and share how it IS true.

Coach: Ask client “What’s possible in your life now with this new thought?”

Read up on Byron Katie’s “The Work” <https://thework.com/>