

**By POD Awesome: Mark Brand, Amy Strom, Shelby, Jean-François Thibault**

## **Experimenting with triggers**

### **Executive summary**

Our original Pod consisted of Shelby, Mark, Amy, JF and Charlene. Due to Mark's work schedule, we had to begin our Pod without his involvement. After floundering a bit on the first call, Gabe came in with a bit of direction. He suggested we come up with ground rules, a format for our meetings, and set the stage for how each of us wanted to show up as a member. He asked us to consider how we usually show up in groups. Where we feel our patterns have been ineffective, he asked us to set a personal intention to act in a different way in this process. (You can see personal reflections on this in our individual papers).

We decided that the four active Pod members would each take a turn facilitating a call on a topic that interested them. From those four experiences we would begin to craft our final project. After going through the four different experiences, Charlene left and Mark rejoined. With our new Pod set to go, we decided to explore the polarity of power and powerlessness. We came up with idea of asking participants to take part in scenarios that explored the polarities. We all felt good in the direction we were headed.

On the next call, which JF was not on, both Amy and Shelby expressed concern over the broad range of our topic. They also felt that it may be difficult to explore through scenarios in the time frame of 30 minutes. Amy expressed how she had a significant experience with JF's original presentation as it was very insightful and embodied experience. Based on the deep insight this experience provided into our early imprinting we chose it for our final project, easy to facilitate and with potential for high impact. Unfortunately Mark did not get to experience this embodied exercise, it has only been described to him. At the end of the call we were interested, yet uncertain of clear path for adding the power dynamic to simple embodied experience JF lead us through.

On the next call, it was all about fine tuning and in the interest of time and without Mark's creative influence and strong desire for the power dynamic piece (as he was unfortunately not able to join us for the first hour of call) present pod members made some crucial decisions in honing and paring down experience to fit the 30 minute frame.

We determined exactly who would present and how we would divide our participants into two groups (LR). We then would co-facilitate the experience with a man and woman as facilitators for each group. Enabling participants the experience of different physical reactions called forth by early imprinting of male/female experiences. Our anticipation is that the embodied reaction of the participant will change based on their history with male/female caregivers(UL).

The design of the the embodied experience is simple. First a male will shout the word NO at the small group followed by female shouting the word NO. Next, The male will quietly say the word NO, followed by the female. The same scenario will be repeated with the word YES. After each word is delivered, the participant will have an opportunity to reflect on their own inner reactions(UL) through a series of three questions which they will write down on paper we have provided. Our facilitators will then ask participants to share their inner experiences with the small group through dialogue (LL). We will finish by planting a seed regarding how working with their own reactions when triggered, can help them function in a more clear non reactive state as facilitators and human beings. We will suggest that they further explore practices that help them work with their own response to triggers delivered from an outside source and notice if there was aversion to male vs female.

Our intention in designing this experience is for participants to gain a deeper understanding of how easily it is to be triggered by simple words and tone of voice. We hope participants will take time to reflect on how these seemingly simple triggered states can be worked with in the moment to better serve as facilitators. We also trust this exercise can be easily replicated by facilitators in group experiences to benefit others and open their perspective to how simple words impact our life.

You are welcome to modify this experiment according to the amount of facilitator and the number of participant. You can also do this experiment by video conference or phone call. JF has experiment with live and phone call with great impact.

## **Experiment Flow**

Time	Process	Facilitator
5 min	Introduction .  Introducing the team to the group.	

	<p><b>Explanation of the process and intention:</b></p> <p>We are gonna experiment with Triggers, using simple words but with different tone of voice and non verbal expression.. We also, want to make you experiment with a masculine VS a feminine expression to see what different distinctions this can create. The intention of this experiment is to increase your self-awareness of your reaction by tuning in to your body sensation (UL), emotions and behaviour (UR). Also, we will ask you to reflect on what memory does the experience bring to mind (LL). We hope this will help you to uncover patterns in your nervous system, which can inform you for the future and help you to reframe faster when you see those pattern arising in the moment. We invite you to stay open to what is going to arise without trying to change or to judge the experience but by being curious with the mind and body open to possibilities.</p>	
2 min	<p>Break up room into two groups (7 ppl each)</p> <p>Break up in different room to help live a great experiment</p>	
22 min	<p><b><u>Saying “No” process</u></b></p> <p><u>Say to the participant:</u> Ask the participant to connect to their initial response and not to make any further meaning that the questions out of the experiment for now.</p> <p>Each group has a male and female facilitator. Each facilitator is going to do 2 iterations of the No. One strong, loud with a non verbal projection of the word, embodying emotions like anger, frustration, irritability or impatience) The second no is a soft, low tone of voice and contained. Embodying caring. Softness and spaciousness.</p> <p>The Female voice will go first. We give 10 seconds to the participant to tune-in after having receive the expression of the words and 1 minute to answer the round of 3 questions for themselves individually, after each expression of the words.</p> <p><b><u>The questions:</u></b></p> <p>What am I feeling in my body ?</p> <p>What emotions did it trigger in me?</p> <p>Which memory does that trigger in me?</p> <p><i>The “NO process” should take 7 minutes follow by a debrief.</i></p>	

*Male facilitator does the first debrief of 6-7 minutes after all the rounds of No's are completed*

**Proposed debrief questions**

1. What new perspective do you have about your reaction?
2. How the masculine and feminine voices influenced your embodied reaction?

***Clear energy: Choose your own method. The person who was doing the debrief is doing this***

**Saying "Yes" process**

Each facilitator is going to do 2 iterations of the Yes. One strong, high tone of voice with a non verbal projection of the word, embodying emotions like satisfaction, joy,, accomplishment. The second "yes" is a soft, low tone of voice and contained. Embodying being in agreement and. approbation,

The Female voice will goes first and give time to participant to answer the 3 questions for themselves individually. We give 20 seconds to the participants to tune-in after having receive the expression of the words and 1 minute to answer the round of 3 questions after each expression of the words.

**The questions:**

What am I feeling in my body ?

What emotions did it trigger in me?

Which memory does that trigger in me?

The "yes" process should take 7 minutes followed by a debrief. Female facilitator does the second Debrief of 6-7 minutes after all the rounds of Yes's are completed

**Proposed debrief questions**

1. What new perspective do you have about your reaction?
2. How the masculine and feminine voices influenced your embodied reaction?

***Clear energy: Choose your own method to clear out energy.  
. The person who was doing the debrief is doing this.***

<b>2 min</b>	<b>Closing</b>  Propose a closing Reflection: What are the practices that you use or can use to improve your ability to self-regulate your nervous system when you are triggered? (2minutes)	