

THREADS OF BECOMING

Post-Engagement Reflection Tool — Facilitator Version

Date:

Context

(individual/couple/team/
community):

Presenting issue (brief):

THREAD IDENTIFICATION

Thread	Activated? (✓)	Collapse Direction	Movement?
PRESENCE Within ↔ Between / Here ↔ Elsewhere	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
CONSENT Yes ↔ No / Self ↔ Other	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
MEMORY Given ↔ Chosen / Telling ↔ Told	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
PAUSE Not Yet ↔ Now / More ↔ Enough	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
EMBODIMENT Think ↔ Feel / Stay ↔ Go	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
UNCERTAINTY Hide ↔ Seek / Threat ↔ Wonder	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
BECOMING Same ↔ Different / Return ↔ Forward	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No

EMERGENCE

Did emergence occur? Yes Partial No Too early to tell

Signs of emergence observed (check all that apply):

- Shift in energy (relief, opening)
- New language they hadn't used before
- Synthesis honoring both poles
- Question that reframed everything
- "Oh" moment—recognition
- Tears, laughter, or somatic shift

What emerged (in their words or yours):

FACILITATOR REFLECTION

My own collapse tendencies in this session:

- Toward fixing Toward one pole Toward rushing Stayed centered

What would I do differently next time?

THREADS OF BECOMING

Reflection Tool — Participant Version

Date:

BEFORE & AFTER

BEFORE: How I felt coming in	AFTER: How I feel now

THE TENSION

What were the two sides pulling at me? (Fill in your own words)

One side:

↔

Other side:

Which side was I stuck in? Left side Right side Bouncing between Holding both

WHAT SHIFTED

What's different now than when I started?

One thing I now see that I couldn't see before:

NEXT STEP

One small thing I will do or notice this week:

How much movement did I experience today?

