

THREADS OF BECOMING — Facilitator Cheat Sheet

THREAD	SEED & TENSIONS	DIAGNOSTIC QUESTIONS	COLLAPSE SIGNS
1 PRESENCE	Who's there? Within ↔ Between • Here ↔ Elsewhere	What's the quality of presence right now? • What would 'enough' look like? • Where is attention actually?	WITHIN: isolation as identity BETWEEN: can't be alone
2 CONSENT	May I? Yes ↔ No • Self ↔ Other	Do you have a real choice here? • Whose sovereignty is at stake? • Is your yes a gift or surrender?	YES: people-pleasing, resentment NO: walls, stonewalling
3 MEMORY	What happened? Given ↔ Chosen • Telling ↔ Told	Where did this story come from? • Are you telling your story or is it telling you? • Does it still fit?	GIVEN: loyalty to harmful stories CHOSEN: rootless, cut off
4 PAUSE	Why wait here? Not Yet ↔ Now • More ↔ Enough	Is this 'now' or 'not yet'? What's the evidence? • Is urgency from situation or inside you? • Enough to act?	NOT YET: permanent waiting NOW: acting to relieve anxiety
5 EMBODIMENT	How does my body know? Think ↔ Feel • Stay ↔ Go	Can you feel your body right now? • What sensation is there? • If body had a vote, what would it say?	THINK: living from neck up FEEL: overwhelmed, reactive
6 UNCERTAINTY	What is the mystery? Hide ↔ Seek • Threat ↔ Wonder	What's your relationship with not-knowing? • Is uncertainty threat or invitation? • What can't you control?	HIDE: clinging to certainty SEEK: endless analysis
7 BECOMING	Who am I now? Same ↔ Different • Return ↔ Forward	Who were you, who are you now, who's emerging? • Circles or spiral? • What to carry, what to release?	SAME: 'people don't change' DIFFERENT: reinvention without integration

SESSION ARC

- 1. ARRIVE** (2-3 min) Ground. Breathe together. "What's alive for you?"
- 2. NAME** (4-6 min) Identify thread. Name both poles. Check for collapse.
- 3. HOLD** (8-12 min) Validate both. Use diagnostic Qs. Watch for emergence.
- 4. INTEGRATE** (3-4 min) "What's different now?" Next step. Close with breath.

CORE MOVES

Name the thread: "It sounds like there's something here about..."

Name both poles: "On one side... on the other side..."

Validate both: "Both poles carry truth. Neither is wrong."

Correct collapse: "What does [other pole] want to say?"

Watch emergence: Shifts, new language, synthesis, "oh" moments

EMERGENCY PHRASES

"Just tell me what to do" → "What does your gut say?"

"This is just how it is" → "What would have to change?"

"I have to choose" → "What if both could be true?"

"I don't know what I feel" → "What do you notice in your body?"

Stuck/silence → "What's happening that you're not saying?"

KEY PRINCIPLES

"Tension, held without collapse, becomes the birthplace of the genuinely new."

- Your job is NOT to resolve — it's to HOLD
- EMBODIMENT is the threshold thread — start here when stuck
- Spiral, not circle — "I've been here before AND I'm different"
- Ask yourself: "Am I trying to fix, or willing to hold?"