

THREADS OF BECOMING — Facilitator Cheat Sheet

THREAD	SEED & TENSIONS	DIAGNOSTIC QUESTIONS	COLLAPSE SIGNS
1 PRESENCE	Where am I...? 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	What 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	Why do I...? 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	When can I...? 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 EMBODYMENT	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 unveiling? 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 becoming 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	CORE MOVES
<p>1. ARRIVE (2-3 min) Ground. Breathe together. "What's alive for you?"</p> <p>2. NAME (4-6 min) Identify thread. Name both poles. Check for collapse.</p> <p>3. HOLD (8-12 min) Validate both. Use diagnostic Qs. Watch for emergence.</p> <p>4. INTEGRATE (3-4 min) "What's different now?" Next step. Close with breath.</p>	<p>Name the thread: "It sounds like there's something here about..."</p> <p>Name both poles: "On one side... on the other side..."</p> <p>Validate both: "Both poles carry truth. Neither is wrong."</p> <p>Correct collapse: "What does [other pole] want to say?"</p> <p>Watch emergence: Shifts, new language, synthesis, "oh" moments</p>

EMERGENCY PHRASES	KEY PRINCIPLES
<p>"Just tell me what to do" → "What does your gut say?"</p> <p>"This is just how it is" → "What would have to change?"</p> <p>"I have to choose" → "What if both could be true?"</p> <p>"I don't know what I feel" → "What do you notice in your body?"</p> <p>Stuck/silence → "What's happening that you're not saying?"</p>	<p><i>"Tension, held without collapse, becomes the birthplace of the genuinely new."</i></p> <ul style="list-style-type: none"> Your job is NOT to resolve — it's to HOLD EMBODYMENT 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?"

