

# THREADS OF BECOMING

Intake & Diagnostic Form

Date: \_\_\_\_\_

Session #: \_\_\_\_\_

Client/Group: \_\_\_\_\_

Context: ☐ Individual ☐ Dyad ☐ Group ☐ Org

## 1. PRESENTING SITUATION

*What's alive right now? (In client's words)*

## 2. THREAD IDENTIFICATION

(Check primary thread; circle secondary if present)

Thread	Seed Question	Poles	Collapse →	← Collapse
<input type="checkbox"/> PRESENCE	<i>Who's there?</i>	Within ↔ Between	<input type="checkbox"/> Elsewhere	<input type="checkbox"/> Here (fused)
<input type="checkbox"/> CONSENT	<i>May I?</i>	Yes ↔ No	<input type="checkbox"/> Always Yes	<input type="checkbox"/> Always No
<input type="checkbox"/> MEMORY	<i>What happened?</i>	Given ↔ Chosen	<input type="checkbox"/> Told (possessed)	<input type="checkbox"/> Telling (rootless)
<input type="checkbox"/> PAUSE	<i>Why wait here?</i>	Not Yet ↔ Now	<input type="checkbox"/> Never (paralysis)	<input type="checkbox"/> Now! (reactive)
<input type="checkbox"/> EMBODIMENT	<i>How does my body know?</i>	Think ↔ Feel	<input type="checkbox"/> Dissociated	<input type="checkbox"/> Flooded
<input type="checkbox"/> UNCERTAINTY	<i>What is the mystery?</i>	Hide ↔ Seek	<input type="checkbox"/> Threat (paralyzed)	<input type="checkbox"/> Naïve (reckless)
<input type="checkbox"/> BECOMING	<i>Who am I now?</i>	Same ↔ Different	<input type="checkbox"/> Stuck (rigid)	<input type="checkbox"/> Unmoored (lost)

## 3. COLLAPSE ASSESSMENT

### Collapse Direction:

- ☐ Toward Pole A (left column above)
- ☐ Toward Pole B (right column above)
- ☐ Oscillating between both

### Collapse Severity:

- ☐ Mild — aware of tension, some flexibility
- ☐ Moderate — stuck, limited access to other pole
- ☐ Severe — rigid, other pole feels threatening

## 4. SESSION FOCUS

Primary thread to navigate: \_\_\_\_\_

Pole needing honor: \_\_\_\_\_ *(the unchosen/avoided pole)*

Intention for this session: \_\_\_\_\_

## SESSION NOTES & EMERGENCE TRACKING

Client: \_\_\_\_\_

ARRIVE 2-3 min	NAME 4-6 min	HOLD 8-12 min	INTEGRATE 3-4 min
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### SESSION NOTES

### EMERGENCE INDICATORS

#### Signs of emergence observed:

- ☐ Shift in energy/posture
- ☐ New language emerging
- ☐ "Oh" or "aha" moment
- ☐ Accessing unchosen pole
- ☐ Third option appearing
- ☐ Reduced defensiveness

#### What emerged:

### NEXT STEPS & FOLLOW-UP

Smallest next step identified: \_\_\_\_\_

Practice between sessions: \_\_\_\_\_

Thread to continue exploring: \_\_\_\_\_

### FACILITATOR SELF-CHECK

- ☐ Maintained holding stance (didn't fix)
- ☐ Honored both poles equally
- ☐ Noticed own activation; managed it

- ☐ Let emergence happen (didn't force)
- ☐ Stayed with thread (didn't jump)
- ☐ Closed with integration

Notes for supervision: \_\_\_\_\_