

THREADS OF BECOMING

Intake & Diagnostic Form

Date: _____

Session #: _____

Client/Group: _____	Context: <input type="checkbox"/> Individual <input type="checkbox"/> Dyad <input type="checkbox"/> Group <input type="checkbox"/> Org
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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: _____