

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 | Where am I...? | Within ↔ Between | <input type="checkbox"/> Elsewhere | <input type="checkbox"/> Here (fused) |
| <input type="checkbox"/> CONSENT | What may I...? | Yes ↔ No | <input type="checkbox"/> Always Yes | <input type="checkbox"/> Always No |
| <input type="checkbox"/> MEMORY | Why do I...? | Given ↔ Chosen | <input type="checkbox"/> Told (possessed) | <input type="checkbox"/> Telling (rootless) |
| <input type="checkbox"/> PAUSE | When can I...? | Not Yet ↔ Now | <input type="checkbox"/> Never (paralysis) | <input type="checkbox"/> Now! (reactive) |
| <input type="checkbox"/> EMBODIMENT | How does my body know? | Think ↔ Feel | <input type="checkbox"/> Dissociated | <input type="checkbox"/> Flooded |
| <input type="checkbox"/> UNCERTAINTY | What is the mystery unveiling? | Hide ↔ Seek | <input type="checkbox"/> Threat (paralyzed) | <input type="checkbox"/> Naïve (reckless) |
| <input type="checkbox"/> BECOMING | Who am I becoming now? | 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 |
|-------------------|-----------------|------------------|----------------------|
|-------------------|-----------------|------------------|----------------------|

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: _____