

THREADS OF BECOMING

Post-Engagement Reflection Tool — Facilitator Version

Date:

Context

(individual/couple/team/
community):

Presenting issue (brief):

THREAD IDENTIFICATION

Thread	Activated? (✓)	Collapse Direction	Movement?
PRESENCE Within ↔ Between / Here ↔ Elsewhere	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
CONSENT Yes ↔ No / Self ↔ Other	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
MEMORY Given ↔ Chosen / Telling ↔ Told	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
PAUSE Not Yet ↔ Now / More ↔ Enough	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
EMBODIMENT Think ↔ Feel / Stay ↔ Go	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
UNCERTAINTY Hide ↔ Seek / Threat ↔ Wonder	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No
BECOMING Same ↔ Different / Return ↔ Forward	<input type="radio"/> Primary <input type="radio"/> Secondary <input type="radio"/> No		<input type="radio"/> Yes <input type="radio"/> Partial <input type="radio"/> No

EMERGENCE

Did emergence occur? Yes Partial No Too early to tell

Signs of emergence observed (check all that apply):

- Shift in energy (relief, opening)
- New language they hadn't used before
- Synthesis honoring both poles
- Question that reframed everything
- "Oh" moment—recognition
- Tears, laughter, or somatic shift

What emerged (in their words or yours):

FACILITATOR REFLECTION

My own collapse tendencies in this session:

- Toward fixing Toward one pole Toward rushing Stayed centered

What would I do differently next time?

THREADS OF BECOMING

Reflection Tool — Participant Version

Date:

BEFORE & AFTER

BEFORE: How I felt coming in	AFTER: How I feel now

THE TENSION

What were the two sides pulling at me? (Fill in your own words)

The diagram consists of two rectangular boxes. The left box contains the text "One side:". The right box contains the text "Other side:". A horizontal double-headed arrow is positioned between the two boxes, indicating a relationship or comparison between them.

Which side was I stuck in? Left side Right side Bouncing between Holding both

WHAT SHIFTED

What's different now than when I started?

One thing I now see that I couldn't see before:

NEXT STEP

One small thing I will do or notice this week:

How much movement did I experience today?

