

THREADS OF BECOMING

Protocol Reference Cards

Seven Universal Tensions for Conflict Transformation

The Seven Seeds

PRESENCE: Who's there?

CONSENT: May I?

MEMORY: What happened?

PAUSE: Why do we wait here?

EMBODIMENT: How does my body know?

UNCERTAINTY: What is the mystery unveiling?

BECOMING: Who am I now?

The Threads of Becoming
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THREAD 1: PRESENCE

Who's there?

CORE TENSIONS

Within ↔ Between — Incubating alone or building together?

Here ↔ Elsewhere — Present to what's in front or reaching toward what's far?

ACTIVATION SIGNALS

Behavioral	Somatic
• Withdrawing from conversation	• Hollow feeling in chest
• Pursuing connection intensely	• Restlessness, difficulty settling
• Talking past each other	• Jaw tightening, breath-holding
• Physical proximity without engagement	• Leaning forward urgently

DIAGNOSTIC QUESTIONS

1. *What's the quality of our being together right now? Meeting, or just occupying space?*

2. *Are you pulled toward more solitude or more connection right now?*

3. *Where is your attention actually—here, elsewhere, or split?*

Meta-Question: *What is being met here?*

COLLAPSE SIGNS

Collapse toward WITHIN	Collapse toward BETWEEN
<ul style="list-style-type: none"> Withdrawal as permanent state Independence weaponized Solitude becomes avoidance 	<ul style="list-style-type: none"> Can't tolerate any solitude Identity dissolves without relationship Presence demanded not invited

MICRO-INTERVENTION (2-3 min)

ORIENT: "Take one breath together."

NAME: "Where is your attention? What kind of presence do you need?"

ATTUNE: "What would 'enough' presence look like right now?"

CHOOSE: "Stay, break, or table this? Any is valid."

TRANSITION CUES

- Issue is about permission **move to CONSENT**
- Past wounds shaping reactions **move to MEMORY**
- Can't feel the body **move to EMBODIMENT**

THREAD 2: CONSENT

May I?

CORE TENSIONS

- Yes ↔ No** — Giving and withholding permission
- Self ↔ Other** — Whose sovereignty is at stake?

ACTIVATION SIGNALS

Behavioral	Somatic
<ul style="list-style-type: none"> • Agreements made under pressure • Decisions made 'for' others without checking • Resentment after a coerced 'yes' • Walking on eggshells 	<ul style="list-style-type: none"> • Stomach tightening when asked • Throat constriction (swallowed no) • Feeling small, contracted • Sudden fatigue after agreeing

DIAGNOSTIC QUESTIONS

1. *Do you feel like you actually have a choice here—where 'no' is safe to say?*
2. *Whose sovereignty feels at stake right now—yours, theirs, or both?*
3. *If you said yes, would it be a gift freely given—or a surrender?*

Meta-Question: *Is every being choosing?*

COLLAPSE SIGNS

Collapse toward YES	Collapse toward NO
<ul style="list-style-type: none"> • Chronic people-pleasing • Boundaries stated but never enforced • Resentment building underground 	<ul style="list-style-type: none"> • Stonewalling as control • 'No' as default regardless of request • Autonomy weaponized

MICRO-INTERVENTION (3-4 min)

ORIENT: "Something here is about permission. Let's look at it."

SURFACE: "Do you have a real choice? Is 'no' genuinely safe?"

NAME: "Sometimes 'yes' isn't really yes—it's surrender."

RENEGOTIATE: "Do you want to revisit this decision?"

TRANSITION CUES

- 'No' is about past betrayals **move to MEMORY**
- Can't access what they want **move to EMBODIMENT**
- Question is about timing **move to PAUSE**

THREAD 3: MEMORY

What happened?

CORE TENSIONS

Given ↔ Chosen — Did I inherit this story or pick it up?

Telling ↔ Told — Am I the narrator or the character?

ACTIVATION SIGNALS

Behavioral	Somatic
<ul style="list-style-type: none"> Repeating family patterns unconsciously Defending stories that no longer fit Emotional intensity disproportionate to situation Competing narratives about shared history 	<ul style="list-style-type: none"> Heaviness in chest/shoulders Sudden flooding—tears, rage, panic Numbness when certain topics arise Body bracing for impact already happened

DIAGNOSTIC QUESTIONS

1. *Where did this story come from? Did you choose it, or did it choose you?*

2. *Right now, are you telling your story—or is your story telling you?*

3. *Does this story still fit who you're becoming?*

Meta-Question: *What do we want our story to be?*

COLLAPSE SIGNS

Collapse toward GIVEN	Collapse toward CHOSEN
<ul style="list-style-type: none"> Loyalty to harmful inherited narratives Identity fused with origin "This is just how our family is" 	<ul style="list-style-type: none"> Cutting off from history without integration "The past is the past" Rootlessness disguised as freedom

MICRO-INTERVENTION (4-5 min)

ORIENT: "Something from before is present. Let's give it space."

LOCATE: "What's the story underneath? The sentence you carry?"

CHECK: "Whose story is that originally? Does it still fit?"

OPEN: "If you could revise one line, what would it say?"

TRANSITION CUES

- Can't feel the story in body **move to EMBODIMENT**
- Who gets to author shared story **move to CONSENT**
- Question is "Who am I now?" **move to BECOMING**

THREAD 4: PAUSE

Why do we wait here?

CORE TENSIONS

Not Yet ↔ Now — Is it time to move or time to wait?

More ↔ Enough — Grasping for what I lack or resting in what I have?

ACTIVATION SIGNALS

Behavioral	Somatic
<ul style="list-style-type: none"> Rushing to decision when situation isn't ripe Endless deliberation that never reaches action "We need to do something!" as reflex Procrastination disguised as wisdom 	<ul style="list-style-type: none"> Restlessness, fidgeting, can't be still Heaviness, lethargy, immobility Shallow breathing, racing heart Hunger that isn't physical—grasping quality

DIAGNOSTIC QUESTIONS

1. *Is this a 'now' moment or a 'not yet' moment? What's the evidence?*

2. *Is the urgency from the situation—or from inside you?*

3. *Right now—do you have enough to act, or grasping because 'enough' feels unsafe?*

Meta-Question: Does patience here lead to better action?

COLLAPSE SIGNS

Collapse toward NOT YET	Collapse toward NOW
<ul style="list-style-type: none"> Waiting becomes permanent Analysis paralysis Fear of wrong decision prevents any decision 	<ul style="list-style-type: none"> Acting to relieve anxiety Urgency manufactured to avoid discomfort Confusing speed with effectiveness

MICRO-INTERVENTION (3-4 min)

ORIENT: "Let's check the timing. One breath."

NAME: "Which direction is the pull—action or waiting?"

TEST: "If you wait, what ripens? If you act, what opens?"

QUALITY: "What does 'ripe timing' feel like for this?"

TRANSITION CUES

- Paralysis from past failures **move to MEMORY**
- Urgency from not being present **move to PRESENCE**
- Can't feel body's timing signals **move to EMBODIMENT**

THREAD 5: EMBODIMENT

How does my body know?

CORE TENSIONS

Think ↔ Feel — Head knowledge versus body knowledge

Stay ↔ Go — Present in body or fled into abstraction/overwhelm?

ACTIVATION SIGNALS

Behavioral	Somatic
• Answering 'How do you feel?' with thoughts	• Breath high and shallow in chest
• Chronic overwork, ignoring body signals	• Numbness, 'I don't feel anything'
• Talking about emotions without experiencing them	• Chronic unconscious tension
• Repeated 'I don't know' about feelings/wants	• Incongruence: words vs. body

DIAGNOSTIC QUESTIONS

1. *Right now, can you feel your body? Not think about it—actually feel it?*
2. *What's happening in your body? Tight, loose, warm, cool, buzzing, numb?*
3. *If your body had a vote in this decision, what would it say?*

Meta-Question: *Can my body find solid ground here?*

COLLAPSE SIGNS

Collapse toward THINK	Collapse toward FEEL
<ul style="list-style-type: none"> • Living from neck up • Emotions analyzed not felt • Chronic intellectualization as defense 	<ul style="list-style-type: none"> • Overwhelmed by sensation • Chronic reactivity without reflection • Dissociation when sensation exceeds capacity

MICRO-INTERVENTION (3-4 min)

ORIENT: "Let's check in with the body. Is that okay?"

GROUND: "Feel your feet. Feel your weight. One breath to belly."

SCAN: "What sensation? Not emotion—sensation."

LISTEN: "If that sensation could speak, what would it say?"

TRANSITION CUES

- Body reveals a story **move to MEMORY**
- Body says 'no' to something **move to CONSENT**
- Body reveals longing for connection/solitude **move to PRESENCE**

THREAD 6: UNCERTAINTY

What is the mystery unveiling?

CORE TENSIONS

Hide ↔ Seek — Rest in mystery or pursue it?

Threat ↔ Wonder — Unknown as enemy or invitation?

ACTIVATION SIGNALS

Behavioral	Somatic
• Rushing to premature certainty	• Tightness in chest/throat
• Demanding guarantees before acting	• Breath-holding (suspended animation)
• Paralysis without certainty	• Grasping quality in hands, jaw, belly
• Needing to be right; can't say 'I don't know'	• Nausea or dizziness (groundlessness)

DIAGNOSTIC QUESTIONS

1. *What's your relationship with not-knowing right now? Tolerable or terrifying?*

2. *Is this uncertainty a threat or an invitation?*

3. *What are you trying to control that might not be controllable?*

Meta-Question: *How can wanting control give way to discovery?*

COLLAPSE SIGNS

Collapse toward HIDE	Collapse toward SEEK
<ul style="list-style-type: none"> • Clinging to inherited certainties • "I'd rather not know" • Dogma as defense against uncertainty 	<ul style="list-style-type: none"> • Compulsive information gathering • "There must be an answer" • Analysis paralysis from endless seeking

MICRO-INTERVENTION (4-5 min)

ORIENT: "There's not-knowing here. Let's make space for it."

NAME: "What can't you know? What can you know or find out?"

EXPLORE: "How are you relating to this not-knowing?"

GROUND: "What's solid—your values, who you want to be?"

TRANSITION CUES

→ Question is 'Do I have permission?' **move to CONSENT**

→ Past experiences fuel fear **move to MEMORY**

→ Question is 'Who will I become?' **move to BECOMING**

THREAD 7: BECOMING

Who am I now?

CORE TENSIONS

Same ↔ Different — Have I changed, or going through motions?

Return ↔ Forward — Spiraling back to old ground or into new territory?

ACTIVATION SIGNALS

Behavioral	Somatic
• Major life transitions	• Skin feeling too tight; outgrowing container
• "I don't know who I am anymore"	• Exhaustion from holding on
• Clinging to outdated self-definitions	• Restlessness—something wants to move
• Repeating patterns while insisting "I've changed"	• Grief held in body for former selves

DIAGNOSTIC QUESTIONS

1. *Who were you before? Who are you now? Who is trying to emerge?*

2. *Does this feel like going in circles—or spiraling?*

3. *What do you want to carry forward? What's ready to release?*

Meta-Question: *What isn't finished in me?*

COLLAPSE SIGNS

Collapse toward SAME	Collapse toward DIFFERENT
<ul style="list-style-type: none"> • "People don't really change" • Change as threat • Using history as excuse 	<ul style="list-style-type: none"> • Serial reinvention without integration • Cutting off from the past • Performing growth without embodying it

MICRO-INTERVENTION (5-6 min)

ORIENT: "Something is shifting. Let's witness it."

MAP: "Who were you? Who are you now? Who's emerging?"

SPIRAL: "Have you been here before? What's different this time?"

INTEGRATE: "What to carry forward? What to release?"

TRANSITION CUES

- Blocked by stories from past **move to MEMORY**
- Question is 'Do I have permission?' **move to CONSENT**
- Can't feel the transition **move to EMBODIMENT**