

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 <small>Within ↔ Between / Here ↔ Elsewhere</small>	<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 <small>Yes ↔ No / Self ↔ Other</small>	<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 <small>Given ↔ Chosen / Telling ↔ Told</small>	<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 <small>Not Yet ↔ Now / More ↔ Enough</small>	<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 <small>Think ↔ Feel / Stay ↔ Go</small>	<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 <small>Hide ↔ Seek / Threat ↔ Wonder</small>	<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 <small>Same ↔ Different / Return ↔ Forward</small>	<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)
- ☐ Question that reframed everything
- ☐ New language they hadn't used before
- ☐ "Oh" moment—recognition
- ☐ Synthesis honoring both poles
- ☐ 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?

Reflection Tool — Participant Version

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

A diagram consisting of two rectangular boxes, one on the left and one on the right, connected by a double-headed horizontal arrow. The left box is labeled "One side:" and the right box is labeled "Other side:". The boxes are empty, representing a space for notes or a diagram.

1 2 3 4 5 6 7 8 9 10

No shift Major shift