

Exercise: People Have Greatness Right Within

Directions

In this exercise, express the thought to your partner that the idea, “people have greatness right within,” may or may not be true. But acting as if it were true within this framework gives your client a great deal more in the way of flexibility.

1. Ask your partner (later you can do this with your client) to close their eyes and find a place where they are stuck and a place where this has occurred repeatedly in their life.
Have them find a particular event and run through it in their mind.
2. Ask them to place their left index finger on their left knee when they get the feeling of being stuck, and press down to mark that feeling on that specific spot.
3. Now ask them to go to a place where they are tremendously creative or have resolved in a very creative way a problem that was bothering them, and where they have experienced the thought that *This is great*, or *I am great in this moment*.
4. Now have them touch their right knee as they get this feeling and press down to mark that feeling on that specific spot.
5. Now tell them to go back to their stuck place in their mind and touch their right knee, bringing with them the feeling of greatness. Then ask them to give you feedback about the experiences of being unstuck in the original experience.
6. **Option**
You can have your partner touch both places on both knees, keeping pressure on the right feeling-of-greatness knee, and
 - a. Lift up the finger on the left knee.
 - b. Put it back down.
 - c. Lift it up.
 - d. Put it back down.
 - e. Lift it up and keep it off.
 - f. Have them open their eyes.
7. Discuss the experiences of being unstuck in the original experience.