



R-Group Process

FOUR QUADRANTS AND FALSE SELVES

Ask each person in the group to identify one of their false selves that currently shows up in their life. Then, ask for a volunteer to go first.

Ask the following questions, one at a time, giving the volunteer time to answer after each question.

1. What is the false self that you identified?
2. Which one of the quadrants does this false self come from? (inflated sovereign, deflated warrior, etc...) If they are inflated, have them stand on a chair, if deflated have them sit/lay on the floor.
3. Ask them to choose someone to represent the quadrant they identified.
4. Ask, "What is the message of this inflated/deflated quadrant when you are in this false self?"
5. Have the role player repeat that message.

Ask the following series of questions for the other 3 quadrants:

1. When you are in this false self, where is your (pick one of the other quadrants)?
2. Have them choose someone to represent where that quadrant is (hiding behind the false self, in another room completely absent / cheering on the false self, etc...)
3. What is the message of that quadrant when you are in this false self?

Once you get messages from all 4 of the quadrants, have each of the role players run their messages. After a few moments, direct them to stop and ask the person, "What are you aware of as you observe this?" If they are having a hard time making observations, as for the input of the group by asking what they see as they observe this.

Finally, say, “Show me what needs to happen here.” (They move the role players around, silence the messages, etc...)

Debrief:

After they have shown you what needs to happen, ask them to tell you what they did.

What would it look like to do this in real life? (They should name very practical action steps)

Which one of these steps are you willing to take this week? (Basically, making a stretch around that step).

Now, move onto the next volunteer.