



ROCK WORK - SYNOPSIS OF STAGE ONE QUESTIONS

For the 1st Attendee: Facilitator steps up from a centered presence. Stand facing the attendees. Have EVERYONE STAND UP.

MATC: *“Some of you are very clear about what you would like to work on based on your journaling and your experience so far this weekend. 1st Man who is ready, come forward .”* (Staff claps)

(And from here on out, “Next Man?”.) Then, everyone but Facilitator and Attendee SITS DOWN.

WATC: *“Some of you are very clear about what you would like to work on based on your journaling time and what you have experienced so far this weekend. Who would like to go first?”* (Staff claps)

(And “Who would like to go next?” from here on out.)

Then, everyone but Facilitator and Attendee SITS DOWN.

Physical Question: *“Do you have any physical limitations that we need to be aware of? (Response) If at any time anything comes up will you let us know?”* (Have the scribe make note of any physical limitations to remind you when it comes to choosing the process in the huddle. Design the process in Stage Two with any limitations communicated by the attendee. SAFETY is always our first concern.)

KEY QUESTIONS

Identifying the block and the part – either a false self or “wound”:

“Based on what you have experienced so far this weekend and through your journaling – What have you identified in your life story that is blocking you from being who you are in Christ? It may be a wound or a false self.”

NOTE: WAIT TO PULL OUT “THE PART” IF IT IS A “FALSE SELF” UNTIL YOU ASK THE FOLLOWING QUESTIONS. (We are wanting to determine if the “deeper issue” isn’t a regressed part – mom, dad, etc.)

- *“Tell us what happened.”*
- *“When was the first time that happened?”*
- *“Tell us more about what that was like?”*

ONCE YOU HAVE IDENTIFIED THAT THE PART IS A REGRESSED PART OR A FALSE SELF THEN PULL THAT PART OUT AND HAVE THE ATTENDEE ADDRESS THE IDENTIFIED PART FROM NOW ON.

(It’s fine to repeat these questions now that they are talking to the part.)

- **If it is a regressed part:** *“Tell ____ (dad, mom...) what happened?” “Tell ____ what it was like for you.”*
- **If it is a False Self:** *“Tell _____ (name the False Self) what happened that you created it. Tell it what it is like to live with it in your life.”*

“What are the messages, spoken or unspoken, that you got from your _____ (regressed part)?”

OR

“What are the messages that your False Self says to you – about you?”

(You will come back to these messages in Stage Two.)

“Tell ____ what he/she/it has cost you.”

“Tell ____ what their/its impact has been on your life, your family’s life (spouse, children).”

(Remember what the attendee says in response to these questions. You will be repeating them back when you ask the Metaphor Question.)

Metaphor Question

“What’s it like on the inside to _____?” (say back what you heard them say in response to the questions above)

(DON’T just say “What’s it like on the inside?” AVOID saying “What’s it feel like on the inside?”)

Listen for a metaphor: Examples: *It’s heavy. I’m stuck. I’m pulled in different directions. I’m weighed down...*

If they do not give you a clear metaphor then **ask them a “leading question”** based on what you sense they are experiencing: *“Is it like you are stuck (are held back, feel crushed in life, pulled in different directions...)?”* (You are thinking of possible processes that would fit their story.)

PRAYER

Simple and brief prayer for God to meet the attendee. (Don’t go into detail about what the attendee shared.)

GAZE

HUDDLE: Confirming the Part and Choosing the Process

POSITIVE PART: Identify the Positive Part(s) that the attendee will connect with during or at the end of the process. (Staff is setting up the process during this time)

“As you deal with this block _____ and overcome it in this moment, how will you be different? How will you show up in life as a result?”

“What would you call him/her?” (Ex. The Loving One)

Pull out Role Player for the Positive Part: Give positive messages to role player

- *“What would _____ (this part) be saying to you to help you get through this block? They could be the words/truth that you have always wanted and needed to hear.”* (Always POSITIVE messages)
- *“If it had a color, what color would it be?”* (Drape the role player in this color.)

Tell the Attendee: *“This part is already in you. It is really your truest self in Christ.”*

Facilitator says a Transitional Sentence before moving on to STAGE TWO and the Process:

“You shared that you are feeling _____ by _____ (mom, dad, the judge, the controller, you having to be superman.....). We are going to give you an opportunity to look at this and to make a choice about it. Is that okay?”

To the FIRST person in the Group who does his/her Rock Work:

“Today we are giving you an opportunity to tell your story and to show it to you and to invite God into it.”