



CREATING A DEEPER EXPERIENCE FOR THE ATTENDEE

Being Present with the Attendee

There are moments during Rock Work where the facilitator can help the attendee to go a bit deeper into what they are experiencing.

- Throughout Rock Work pay attention to the person's eyes, particularly any emotion that might be present.
If they show tears – SLOW DOWN – LOWER YOUR VOICE – (connect to empathy/compassion) - PAUSE AND LISTEN. Do not be too quick to speak and especially let go of the need to know what the next step is. BE PRESENT to that moment.

After a short time, you can ask: *"What are the tears for?"* (Give them time to unpack the story and go deeper into their heart.) *"Feel free to be present to that."* Affirm them: *"You're doing great. Stay with that."*

- For the 1st or 2nd person you can say at some point early in Stage One (most likely) *"We don't know where this is going, we are going to trust God to lead, and we will follow him and you."* This creates safety and spiritual connection and trust in the process.
- Say *"Thank you"* at times when a person shares part of their story.
- _____
- _____

"Show Them"

How to create a more impactful experience for the attendee by "showing" the impact of what they are doing in their lives through their false selves, the negative messages and how they are showing up in the world. Showing them can elicit a deeper connection to their story and help them to connect to the part of them that needs to show up during the process, whether through power (using one's body and voice) or through connection (discovering what needs to be surrendered and having the courage to let go and trust).

During Stage One – Right after the Cost/Impact questions and before the Metaphor question the facilitator can take a few moments to "show" the attendee visually, physically, and symbolically the impact they are having on themselves and on others.

******This is NOT the actual process. Keep it brief.**

Then, move on to metaphor, huddle... and the actual process.****

Note: When asking the Cost/Impact questions, be sure to ask the question in different ways. It is not enough to simply ask: *“What has _____ cost you?”* Or *“What has been its impact on you?”*

Rather, be more specific: *“What has been the cost of _____ in your life?”* Ask if they have a family, then *“How is _____ impacting (husband, wife, children...)?”* *“What is it costing them?”* *“How is _____ impacting your life today?”*

Listen with the intent to “show them” what the impact is. Pay attention to the key people the attendee mentions as well as how it impacts his own state of being.

Here is an example of the cost/impact and ideas for how to “show them:”

The attendee says: “My wife feels dismissed.”

- Ask the attendee to pick someone to be his wife.
- Ask: *“What is it that your wife needs from you?”* (Get to a core need, like, “I want you to love me/appreciate me/be present....)
- Give this need to the “wife” and have her say it.
- Ask: *“What are the messages that you (or your false self) is sending to her?”*
- Ask the attendee to pick someone to be him. Assign the messages to the role player.
- **Show them:**
- Now, have the two role players say their lines and discreetly coach the role player “attendee” to “**dismiss**” the wife. (Create an image that “shows” him the impact.)
- Be creative here: You could instruct the “attendee” role player to: turn away while giving messages, or to push her aside, or push her down (safely).
- Imagine what would “dismissing” look like? Show them.
- Check in with the attendee: *“What’s coming up for you?”*
- Now, move on to the metaphor question and then huddle.
- *“What’s it like on the inside to _____ (repeating back to the actual attendee what he said previously about the overall impact of living with this false self or other part)?”*

Similar Scenarios involving family members or even the attendee himself:

- If the impact has to do with a child/children then repeat the above in the same way.
- It could be that he mainly focuses on how he is impacted. If so, then pull out someone to represent him and then have the false self/other part to speak messages over him.
- In each case use some symbol or action to bring it to life for the attendee.

Suggestions for symbols or actions:

- **Use colored cloth.** On one weekend there was an attendee that was living with an extreme amount of fear about the safety of her spouse and children. It was debilitating to her and them. We identified that the color of fear was black. The facilitator had the attendee pick people to represent the family and someone to represent the attendee and assigned the fearful messages that the attendee was conveying to her family. The facilitator had the role player take a black cloth and cover the family members one at a time and speak the messages over them. Over and over again. (Don't rush the visual.) The attendee broke down at this moment observing the impact.
- **Use the materials present to you** to create an image for the attendee to observe.
- **Use movement and interaction between role players to show the impact.** Ask yourself what could we do physically that would "show them" the impact? All of these will be enacted upon the person who has/expresses the needs/wants WHILE the negative messages are being said over the person(s).
 - Weighing down
 - Pushing away
 - Ignoring/Walking away
 - Turning back on the person
 - Jerking someone around
 - Duct taping (around the torso and arms) restricting someone
 - Covering with a cloth/blanket and (any of the above)
 - _____
 - _____
 - *Hint:* Listen for a word that would give you an image. For example: stuck, heavy, ... then create an image that could fit the word image.

Important Note: Sometimes, upon witnessing the scene you show them, the attendee will feel shame. It is important to communicate that this is not the intent, but rather to help them take action.

Teaching Moments: Simple phrases to build safety and give context to what we are accomplishing through the Rock Work Processes

- "You are not alone." Acknowledging that others in the group are similar to the attendee. You can even say to the group after the attendee shares something significant about themselves: "If you identify with _____ raise your hand." Draw the attendee's attention to this reality. They are not alone.
- At the beginning of Rock Work – perhaps after the 1st person has gone: "There is nothing magical about what we are doing. We are simply giving you an opportunity to tell your story, to show you your story and supporting you in making whatever choices you desire to make. Just like Jesus, we use story – your story – to bring to life what is going on in your heart, mind and soul."

- Key Scripture passages which relate what we are doing through Rock Work. See “Key Themes”
- _____

When a person is “Stuck”

(This is especially true in Stage One)

Common ways in which an attendee can be stuck in the process:

- They cannot identify what they want to work on
- They are stuck in their head (long storytelling, conflicting thoughts, confusion, going back and forth [saying one thing, then the facilitator repeats that, and they come back with something else “No, not that...”])
- Cannot connect emotionally to their story
- Says that they don’t have anything they want to work on
- Is not connecting to the impact or cost to themselves or significant others

Ideas to help them:

- Hear more story: Ask clarifying questions (not TOO many though) *“Would you say more about _____?”*
- Identifying the main issue:
Ask them: *“You have mentioned _____ and _____. Which one of these do you feel is more present to you in the moment that you would like to address?”*
- Ask them about their journaling:
“What false selves did you identify yesterday?” “Which one shows up in your life most frequently?” “Would you like to work on that today?”
- Ask about their intention in coming to the weekend: *“What was your desire in coming to the weekend? What do you want for your life?” “What is blocking you from this?” “Would you be willing to work on that? We would like to support you.”*
- Get them into their body:
 - Place pressure on them (shoulders) and check in with them with appropriate questions.
“What’s going on?” “What does this feel like?” “What’s the cost for you to _____?”
- Prayer: (If they don’t know which direction to go.)
Give them a heavy rock to hold. Have them close their eyes.
“Let’s take a moment to trust that the Spirit in you knows what you need right now.” (pray for them)

- When they answer: “I don’t know.” *“If you did know _____ what _____?”*
(A “trick” question that bypasses the conscious mind and accesses something deeper.)
- Prayer – Genuinely pause and ask for God’s guidance for the attendee.
- In rare occasions, when a person doesn’t know what they want to work on, it might be necessary to have that person step back into the circle and allow someone else to step forward who is ready. This is more common with someone who steps up first or early on and they haven’t seen enough of what is going on to connect to something within.
Important: **IF** you take this approach, it is important that you affirm the person’s risk in stepping forward and express confidence to him and the group that we will come back and support them when they are ready. To the group: “Let’s give _____ a hand for stepping up to do his work.”
(Applause)