

Elicitation Questions For Each Triad

Imagine yourself in the following scenarios. How would it **really** feel to be in the situations described below?

If necessary, go with the part of the question/scenario that hooks you the **most**, and feel what that feels like.

1. What would it feel like if you were to find out that you were **intrinsically unworthy** of love and respect? What if – no matter how hard you tried, no matter how creative you got – nothing you could **do** or **say** or **be** would get you love or approval. What if – no matter what you achieved, no matter how much you gave and no matter how unique and special you might be – there was nothing you could do, say or be to get love or earn respect? What would that **really** feel like?
2. What would it **really** feel like if you had to be completely **still** and **alone**? And what if you could never be sure about **anything**? What would it feel like if you **never** knew whether you could trust yourself or anyone else? What would it feel like if you were **deprived of all sensory contact** – with nothing to look forward to, nothing to plan and nothing to imagine? What would it **really** feel like if life had no ‘juice’, had no excitement and held nothing of interest? What if no one was interested in any of your ideas – what if they bored everyone, yourself included? What if your faculties were impaired and you had no means to make sense of **anything**? What would all this **really** feel like?
3. What would it **really** feel like if your whole life were **completely controlled** by someone else? What if your rights to go where you wanted when you wanted, your rights to speak out your beliefs, even your rights to protect yourself and your family were **totally controlled** by someone else? What would it **really feel like** to be controlled in this way – to be literally ‘out of control’?