

Transcript 2 - "I am Blue Sky" - Experienced clean facilitator (Penny)

Highlighted text identified (by James) as most salient.

Emboldened words identify the clean questions

Comments from James

1	F	And what would you like to have happen?	
2	C	I'd like to go with the theme I was working on before and that's ah, I would like to be free of worry.	"Free of worry" is a Remedy.
3	F	And you would like to be free of worry [C: Yes.] and when you are free of worry, then what happens?	Standard PRO response to a Remedy.
4	C	I, I imagine that the other side of worry is a state of extraordinary calm and peace so, probably there, being free of worry and calm and peaceful.	Desired Outcome with repeated Remedy tagged on.
5	F	Free of worry, and calm and peaceful. [C: Yes.].And that's on the other side.	
6	C	Yes. In my mind, it's the other side.	
7	F	And when extraordinary calm and peace is on the other side in your mind, whereabouts is that side?	Utilising the spatial metaphor "side".
8	C	Whereabouts is that side? [F: The other side] the other side is where - sort of here [points] and calm is beyond there, like there, [points].	
9	F	Yeah and worry is there, calm is beyond and where is that peace?	
10	C	That would be sort of like, sort of once you've shifted worry created calm, then peace would just sort of emerge from ... from, it's not being a worry filled situation and you know and then there is no worry, there's calm and then peace is a result of that.	"once ... then" is a Cause-Effect sequence: Shift worry>create calm>peace emerges (from ...)
11	F	So that worry has been shifted and calm is beyond and whereabouts beyond is that calm?	Third 'Where?' question in a row develops a metaphor landscape.
12	C	It's a little bit beyond where I can reach it. So sometimes I, see it, sometimes I've been there, but but [pause] but it's not where I am.	Important that she has experienced her Outcome "sometimes".
13	F	It's not where you are and it's beyond where you could reach and ... and sometimes you see it and sometimes you've been there. Anything else when you've been there?	Use of "anything else when ..." invites her to attend to those times.
14	C	So when I've been there, I feel like I'm stealing time in this place that doesn't belong to me, I feel like it's not mine and I've visited, and then I have to go back to where my place is and my place is the place of worry ... this place here, is my heritage, worry.	Metaphors for the Problem.
15	F	That's your heritage [points], and that's where you go back to and it feels like you steal time [C: in that other place] and it's not you when you are in that other place ...	Recap of a potential bind.
16	C	Oh, I can I can pretend to be sort of like a denizen of the place of calm ... and I have moments where I actually experience this kind of likeness - just doesn't feel like it belongs to me ... feels like it's somebody else's life and I'm visiting.	
17	F	Okay. And you've moments when you experience it. What kind of moments are those moments when you experience that calm?	Attending to "moments" of the "likeness" of the desired Outcome.
18	C	When I experience that calm, it's without thought, so I'm always trying to be in a state which is where meditation is nice, cos it's without thought, [F: right] and so I imagine that I'm actually able to escape that visit ... yes it's without thought, a kind of calmness.	

19	F	And when there are those moments that you ... can experience without thought, and out of that calm ... peace would emerge ... anything else when peace would emerge out of that calm?	Attending to <i>process</i> of "emerge" (C10).
20	C	So, I imagine, that ... I'm thinking, ... no, it's not that I actually know this to be true but I'm imagining that peace is what is all of our birthright ... I mean, I didn't get born with it ... but, it should be true, for us, as human beings you know ... but it's that sort of how I feel ... peace will emerge, if I were able to maybe ... aah umm ... what would I need to do, I mean ... [pause] ... I'd have to stop worrying, and then peace would emerge.	"Birthright" is a potential resource. "stop worrying" is a Remedy "then" the Outcome "peace would emerge"
21	F	And peace is all of our birthright and you didn't get born with it ...	Picking out potential incompatibility.
22	C	Maybe I got born with it for a small glimpse [laughter] and then, and then it sort of disappeared ...	"maybe" indicates a slight shift from "I didn't get born with it".
23	F	And when you maybe got born with it [C: Aha, and you'll have to uncover it] small glimpse ... and maybe have to uncover it ... what would you like to have happen?	Client's meta-comment could be significant, and is immediately incorporated.
24	C	So I, ... yes, so if it's everyone's birthright, then if I was born with it but then it got covered over right away, with my ancestral, or whatever familiar heritage, then all I would need to do is ... [pause] ... uncover it, maybe, you know ... [pause] ... uncover it ...	* * * "uncover peace" is a Remedy to a Problem which client "would need to do" (a Necessary Condition) for the Outcome to happen. * * *
25	F	And all you would need to do is uncover it ...	
26	C	And then it would just be there because that's the sort of ground.	
27	F	And when ... uncover that peace, where is that peace?	Aims to locate "peace", "when" it is "uncovered", i.e. Outcome happens.
28	C	If I would uncover it ... [pause] ... so it will be inside and outside and also be ... it would just be, like the, ... [pause] ... everywhere ...	Firmly in the land of "if".
29	F	And it would be inside and outside ... and whereabouts inside, would that peace be?	Keeping attention on desired Outcome.
30	C	[long pause] Where would it be? [whispering] ... sort of like, I just imagine, it's sort of washing over me such that ... it's sort of something cool, and it's, it would be like ... I'm trying to think, maybe like the back of my eyes or something it's sort of like my eyes the ones that hurt the most when I'm tired and worried ... and when I close it, it's still there, and so then I just imagine that it would just then be ... be ... a place where I would reach at the back of my head or something.	More shifts in imagination as a result of the self-modelling.
31	F	And it would just wash over you and cool, and at the back of your eyes where you could reach. Anything else about that peace?	
32	C	[long pause] So I'm thinking now that, that ah ... [long pause] ... so I'm thinking that perhaps it's just a ... perhaps it's it's just ... sort of like a thick coat or something that sort of covered over what was my birthright and all I have to do is, is, is ... umm ... move it away or something like that you know ... just, move it away.	More indicators of shifts happening, "all I have to do" again (see C24). "move it away" another condition for outcome to happen.
33	F	And move away that thick coat that's covered your birthright ... anything else about that?	
34	C	[long pause] So, my question is I guess, what then happens to worry? Does it just go away when I do that? ... I'm just wondering ...	Her self-modelling is generating it's own questions. The landscape is a co-facilitator.
35	F	So you're wondering what happens to worry when you do that ... and when you are wondering what happens to worry that's shifted, when you ... uncover that thick coat and then ... what would that worry like to have happen?	Client wonders about "worry" so this question switches to Worry's intention.

36	C	[long pause] So I would like the worry to be put into a bottle and to put a cap on top of it and have a genie sit on top of it so that it just stays there and it absolutely doesn't actually, anymore ... yeah ... put there and it's just sort of like, so it's not like one doesn't worry but then it actually has a genie watching over it and it's not my thing cos the genie will take care of it ... and then I am operating at this other level of trying to sort of just ... you know ... the heritage of worry or it's just covered over and birthright ...	A textbook Remedy. The bottle, cap and genie would then be covering worry!
37	F	And what you'd like is to put that worry in a bottle, with a cap, with a genie on top of it watching over. That's what you'd like, and what would that worry liked to have happen ... when that's what you'd like!	Redirects attention back to Worry's intention as F35 not answered from Worry's perspective.
38	C	... well, I guess the worry will start to try to get out ... you know, but I would sort of put the genie, that's why it's a genie and not an angel and you know coz genie is mean and they will keep and stay on top of it ... so, it's not a nice angel but sort of ...	Worry's Remedy "to get out" is incompatible with Genie's role.
39	F	It's a mean genie ...	
40	C	It's a ... my, on my side ... genie.	Presupposes "worry" is not on her side.
41	F	On your side ... [C: yeah] and that would be to try, like to try to get out, that's what the worry would like is to get out of that bottle ...	
42	C	Aah, but the genie won't let it ...	
43	F	And the genie won't let it ... and you would like to uncover that thick coat that's covering your birthright ...	
44	C	Yeah and if the genie was there, a definite genie that takes care of the worry ... aah ...	Interesting ambiguity.
45	F	And [inaudible] the worry ... what happens to the worry?	
46	C	I wouldn't worry about the worry because the worry would be ... [F: For the genie], for the genie [F: In the bottle] ... terrible, yes ... in a bottle ... but then so, instead of like so, ok, we were talking about the worry and the calm and the peace, I think that, I think that, if we just remove the worry then, there would be this moment of this place of calm and there is peace you know ... so, I think it's possible.	Reiterating the Remedy but now its "possible"
47	F	It's possible to remove the worry ...	
48	C	But just to be ... there are people who don't worry, I'm just thinking there's a model there are other people in this world who don't like ... so ...	
49	F	And so when it's possible to remove the worry, other people [inaudible] of worries that way, and the worry is in the bottle, and the genie is watching over it ... and the worry would like to get out ... and then there would be calm and the peace ... [long pause] ... what would you like to have happen now?	Client has come a long way since C2, so Penny recaps the Remedy leading to the Outcome and asks for direction.
50	C	Yes, I would like to enact certain practices in my life that sort of ensure that the worry stay in the bottle and also there's also a way in which one everyone can live such that ... that is the case you know ... so that order that you described you know, there's calm and there's peace and the worry is in the bottle, I think it's part of practice ... so I think that I need to enact with practice ... right that would ensure that that would ... cos I think it's practice ... I think this ... that you can re-wire your brain so, just re-wire it to ...	Conditions for the Remedy to happen.
51	F	And you would like to enact certain practices that would ensure the worries stay in that part ...	

52	C	Yeah ... so that that scenario ... even if ... even if it got covered over, I ... if I managed to clear it, then I could just prevent it from being covered over again ...	A Remedy ("prevent") to address a potential ("if") future Problem ("covered over again").
53	F	If what got covered over?	
54	C	If it was covered over my calm [F: Oh!] place was covered over as you know ... like a lead on my back then, I would just need to sort of put in a practice like maybe like raking the garden or something like that ... you know, so you rake the garden, every day and all the leaves that cover over your pretty garden are cleared then if you do it every day, then the garden is cleared but if you leave it for a few days then it's not ... so it's just sort of having a life practice that kept the ... [F: keeps the worry in the bottle with the genie] and then the nice garden of calm and peace sort of like is nicely raked.	A metaphor for continually needing to enact the Remedy.
55	F	And that's the calm and peace ... the calm and peace, that's nicely raked so that it's not covered over and ...	
56	C	Yeah, so many years' passed when I was a child, and so now I have to like as an adult make sure that I keep my garden ... nicely raked ... because [Laughter]	
57	F	Nicely raked ... and as you keep that garden nicely raked, and calm, what happens to a genie in the bottle with worry?	Checking effects of Remedy happening.
58	C	[Long pause] ... [F: what happens to it?] ... If it can just sort of stay there I don't know whether that's possible for me to actually sort of, not worry ... but I'd like to be able to sort of get the practice of putting the worry in a bottle quick enough that it doesn't become toxic in my life.	Since worry keeps happening, there is a desire to increase effectiveness of practicing the Remedy.
59	F	So put the ... so! Put the worry in the bottle quick enough so it doesn't become toxic, and then put the cap on the bottle and then genie on the cap ...	
60	C	Yes ... so so that all happens by itself ... I just have to put the worry in the bottle on the cap and the genie to do the rest ...	
61	F	You just put it in ... [pause - both smiling] and is there anything else about all that?	
62	C	I think it sounds doable to me, you know I mean if I put it in that perspective, so I'm not trying to get rid of worrying as much as ... [pause] as keeping it in its place ... so then the rest of it ... that's all good you know ... it's like in in a manageable, somewhere else where I actually have to just put it away.	Still in the land of "if" and quite a shift from being "free of worry" (C2)
63	F	And that sounds manageable to you. What happens to the want of that worry to get out?	More checking the effect of Remedy on Worry's want.
64	C	[long pause] ... what happens to the want of worry that I don't want to get out? ...	
65	F	What kind of want is that want?	Probably didn't need to say anything
66	C	[Long pause] ... umm ... you see, worry is only worry if you worry you see, it's like a small thing and it becomes a big thing when you worry, so when you worry a wound it becomes big. So worries are just little things and if you put it in a bottle when it's little ... then it's not really ... going to be a problem.	Scaling. Meta-comment on a meta-state (worry about worry)!
67	F	And so then what happens to the want of the little worries to get out?	More checking on effects.

68	C	[pause] It wouldn't want to get out because the bottle is big enough for all the little worries, you know, so if you know what I'm saying ... so they are all small little worries and then they are not big, so they are not squeezed in there. So they wouldn't want to get out there.	A different size and sense of space.
69	F	And so the bottle is big enough for [C: little worries] ... little, little worries ...	
70	C	So you don't, don't let it worry ... you know so, I guess it's so that the practice that I have to develop is as soon as the worry begins, is to take it and put it in the bottle before it becomes a big worry. So that it doesn't want to come out ... because it's ok, it's nice and spacious there.	Reiterates necessary condition of C58.
71	F	And so, as soon as worries begin, you take them and put the little worries in the bottle.	
72	C	Yes ... yes so that that consciousness of that moment is what's necessary.	
73	F	The consciousness of that moment when worries begin ...	
74	C	Yeah, because you know, they begin without you knowing that it's the beginning and so by the time you notice it, it is already a worry ... So, then you kinda have to nip it the bud or as soon as, so there's the worry, starting to worry, then you put it in the bottle	
75	F	And what happens just before , your conscious of that moment?	Continuing inviting client to attend to the sequence events.
76	C	[long pause] What happen just before you're conscious of that moment? [long pause] I'll be alert to my feelings. I just sort of like, be aware of the moment [inaudible] of what was going on ... so that it wouldn't get to a point that it will become a worry because there was an alert just before it being conscious ... I'm just generally alert.	
77	F	Okay. Generally alert to your feelings. And when you are generally alert to your feelings, before, just before, what's the first thing that would let you know?	Putting attention on how the sequence starts.
78	C	[long pause] ... first thing ... aah! So, yeah! that's interesting ...there is this loss of energy you know, that I feel ... I don't know what it is but there is kind of a loss of energy, there's a kind of this dip, and when I feel this dip , that's the just before it.	
79	F	Oh, that's the just before.	
80	C	Yeah and then I know, something is not right and there is this sort of little speck that could turn into a worry. So I guess that's the moment when a dip, I should already take it and tie it to a speck and put it in the bottle. Or examine it, you know and see what it is and is it worth being a worry or can it just sort of, just leave.	Client identifies a 'choice point'
81	F	Okay. So, there is that loss of energy that dip just before, and that little speck that you could put in the bottle or examine ...	
82	C	And because sometimes when you put worries in a bottle, if it doesn't go away but you could actually sort of like just examine it and it's a no worry ... also.	
83	F	So when you worry and when you examine.	
84	C	Yeah. I think most things are not worries actually. Now, I'm thinking about it. Yes, yes, I'll think about it.	
85	F	And so, what kind of a dip is a dip when there's a loss of energy so that you become conscious, just before ... that moment. What kind of dip is that? And where is that?	The "dip" is the sign to run the new sequence, so put attention on it.

86	C	I feel it in here, I mean there's actually this kind of messaging that goes on inside, so, if I were alert, to the dip , umm, the dip happens for different reasons but it also happens when I just start worrying so, I think that if I could just stay, aah, it's like a little body message you know so, I could notice it and ah ... so, I try to - that's why I notice the whole idea of me needing a quiet time, has to do the fact that without it, I don't know what's going on. So this kind of to be in my cave thing is just about being able to, maybe some other people know how to just keep moving in society happily and controlling what's going on and whatever but for me I find that if I don't take regular breaks from people and with life, and if I don't retreat a little bit, then that's when the worries then sort of become, something.	Still in the land of "if".
87	F	Aah ha, aah ha, so there's that dip, that's there [points] and there's a message inside and sometimes you have to retreat ...	
88	C	And sometimes it's ... I mean I have I have been sick so many times because I think I don't pay attention to the dip , and then the dip actually - the worry actually becomes horrible and then I actually physically enact the illness of the worry, so I do admit it's a life survival strategy I think. So when I speak about worry, it has to do with a bodily response that has not been healthy for at least 10 years or more, and so I think it's sort of like a life promoting strategy to stop worry.	
89	F	Yeah. And when you don't pay attention to that dip, and that messaging inside, what would you like to happen?	Classic PRO on the assumption that at some point the client will "not pay attention" again.
90	C	When I don't pay attention to the dip ... oh gosh [sigh, long pause] I'm living for others and not myself, I'm always worried about what other people want or need or whatever. And as a result of that, I spend a lot of time not paying attention to my dip and holding this kind of this sociability or niceness ... ah, that I think really isn't necessary. I wish, coz I know some people who are crabby and irritable ... and are so comfortable with it you know, so I, would like to ... well, I am also a crabby and irritable as well it's just that I'm not comfortable with it. I feel uncomfortable being crabby and irritable, so I'm always trying to be this this nice, nice guy I would say, instead of nice girl.	
91	F	And then you don't pay attention to the dip. So when you ...	
92	C	So I, sorry, I ignore the dip constantly. And so then I spend most of my time worrying about stupid things you know ...	
93	F	And when you ignore the dip constantly, and you don't pay attention to it, what would you like to have happen?	Didn't get an answer to the question, F89, so repeat question
94	C	[long pause] ... yes, I would like to be my own hero you know, and just like to be the person who is able to just say okay, come on, ... just, pay attention to your dip and just do what you need to do and it's okay ... you know.	New desired Outcome. From C36 to here Penny consciously follows the logic of client's proposed Remedy - now it changes ...
95	F	And you'd like to be your own hero.	
96	C	Yeah. Yes ... In my own knight in shining armour .	
97	F	Your own knight and shining armour. And what kind of knight and shining armour is that?	
98	C	I wish there are women who went through all of these fairy tales are about.. I don't believe that ... I don't believe that I need the Prince Charming. I just need myself .	Almost instant rejection of "fairy tale" outcome.
99	F	And I just need myself. And is there anything else about I just need myself.	

100	C	And so if I just stood up for myself, and I was just the person that ... I mean ... this person who sort of, stands up for herself ... and I could do that I mean, coz, I've lived more than half my life now, so you'd think that I would've gotten this strategy down but I haven't really. So I've still gotten myself into situations where I spend a lot of time worrying about unnecessary things, I mean, as recently as last month, I was worrying about ridiculous things. So, clearly the strategy is not yet in place .	Acceptance of current reality.
101	F	And if you stood up for yourself ...	
102	C	I would say 'no' more	
103	F	Okay, and saying 'no' more, then you would be living for yourself ...	
104	C	Yeah, with all of my duties and obligations and my responsibilities, you know so I, I'd been living for myself and the people that I take care of, but I would really be clear about it, ... really clear about it.	
105	F	And what kind of clear is that clear that you would be about living to yourself and others you take care of?	
106	C	So I'd be ... [long pause] ... so this this kind of idea that that you know ... that that you know ... that a sky that is clear ... is able to to have any number of clouds in it, so I'm the sky ... no matter how many clouds there are, I'm the sky ... I'm not the cloud.	Spontaneous identity metaphor for desired Outcome state.
107	F	And you are the sky ...	
108	C	Yes. So then, ... that notion of that absolute spaciousness no matter how many clouds, it's ok, you know, so I would then be that, sky.	
109	F	With that absolute spaciousness, [C: and blue] and blue. Blue and absolute spaciousness, and the sky, that can have clouds in it, ...	
110	C	And it doesn't matter.	
111	F	And it doesn't matter ...	
112	C	Coz the clouds are not the sky.	
113	F	And clouds are not the sky, you are the sky with absolute spaciousness. Anything else about that sky that's blue?	
114	C	You know I'm a bird watcher, so I see birds flying in it, it's a perfect place.	
115	F	And a perfect place to see those birds flying ...	
116	C	Absolutely, [inaudible] I'll be so close to the birds because they are there.	Rows 95-116, developing the new desired Outcome metaphors
117	F	And then that would be living for yourself. And when you are that blue sky and living for yourself and others, what happens to paying attention to that dip?	Checking effects of new Outcome on the condition for the previously proposed Remedy sequence to run.
118	C	Hmm, ... paying attention to the dip. Where did that dip go now? [both laughing] ... what would I do with that dip? Well, you know the dip is, yeah ...	
119	F	Where did dip go?	
120	C	So if I was blue sky, you know and I was absolutely spacious, then the clouds wouldn't actually cause a dip anymore because I'm blue sky ... and so ...	Still in the land of "If", but now in a desired Outcome landscape.
121	F	And when you are the blue sky, and the clouds don't cause a dip anymore ...	

122	C	Yeah because, they're just doing their thing, and ...	
123	F	And there are birds you are close to ... And then, then, what happens to that bottle?	
124	C	Oooh, ... so in that, in that scenario, the clouds ... wouldn't have to be kept in the bottle. Because they could just flow to that, it's okay.	
125	F	And the clouds could flow to this ...	
126	C	Because they would not stay, because they just moved there, that's what clouds do. So then I don't have to worry about the genie sitting on it. Because if the genie doesn't sort of do its job then I'll be stuck, you see, so I've got to figure out a different strategy and...	Different metaphors come with different entailments. And she sees the potential downside of her Genie Remedy – it would be a worry!
127	F	And so, then the genie doesn't have to do it's job and the clouds could just float in the blue sky, spacious blue sky, what happens to that worry?	
128	C	So, so you see they would still be there like, that that that ... do their thing, they rain on me, and that's okay ... coz I'm actually the sky. It's okay.	
129	F	And they would rain on you and it's okay and they would float in that sky ...	
130	C	Yeah so I guess it's like ... if we are going to go back to the calm and the peace, I would be the calm and the peace and the blue sky, [inaudible] peace, and the worry would be the clouds and so since I am the sky and they are the clouds, they just have between us.	
131	F	And you are calm and peace ...	
132	C	As the blue sky.	
133	F	As the blue sky. And you can handle all the blue sky and [inaudible] now, and the dip, the clouds and they can move, and is there anything else about all that when you are the blue sky?	
134	C	I like the frame. I like blue sky and, so I mean, I, think that, ah, holding this frame, you know as opposed to the other frame, you know, the genie and the bottle is a little bit good. It's going to be a worry as well because they would still be there, in the bottle but if they were in the sky, it won't actually, stay. They actually do leave.	Confirms a desired Outcome which does not need the previous Remedies.
135	F	Ahuh, ahuh. And when you are the blue sky, where is that sky?	
136	C	[long pause] ... well, ... you know as you are asking me these question, I'm sort of feeling like quite big and well, you know so, ... it's sort of like me ...	No longer in the land of "if" – it's happening now!
137	F	Like you ... [C: So they just ...] So when the big blue sky is just here, is there anything else about this ...	
138	C	[pause] ... No, I mean ... it's a different, it's a different thing now, because it felt like it doesn't exist. It just kind of like, so it's a different way of being ...	Which was required since at C16 peace "doesn't feel like it belongs to me ... feels like it's somebody else's life and I'm visiting"
139	F	And so take all the time you need, to get to know more about this big, blue sky, that's you, and what it's like when those clouds and you'll have birds in that sky, that you are close to, and this is a different frame, this is different, and pretty nice, and find out more about this big blue sky, that's you, here, and begin to wonder what happens next?	Would have been great to have more time to Mature and for the client to have discovered even more effects of her "different way of being".

James' schema of changes in clients model

Current Reality

PROBLEM (heritage)
===== (covered)
OUTCOME (calm & peace)

WHEN ...

REMEDY (Genie sits on cap on bottle)
=====

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=====
||  PROBLEM  ||
||  (worry)  ||
=====
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THEN ...

^ (emerge)
^
OUTCOME

BUT ... need to continually

PROBLEM (Leaves)
v
v
Rake > > >
===== (cover)
OUTCOME

TRANSFORMS INTO ...

> > > clouds > > > wont stay

I AM BLUE SKY

NOTES:

The session mirrored the *uncovering* of the Outcome

And what would [you/symbol] like to have happen? asked 7 times in 70 questions.