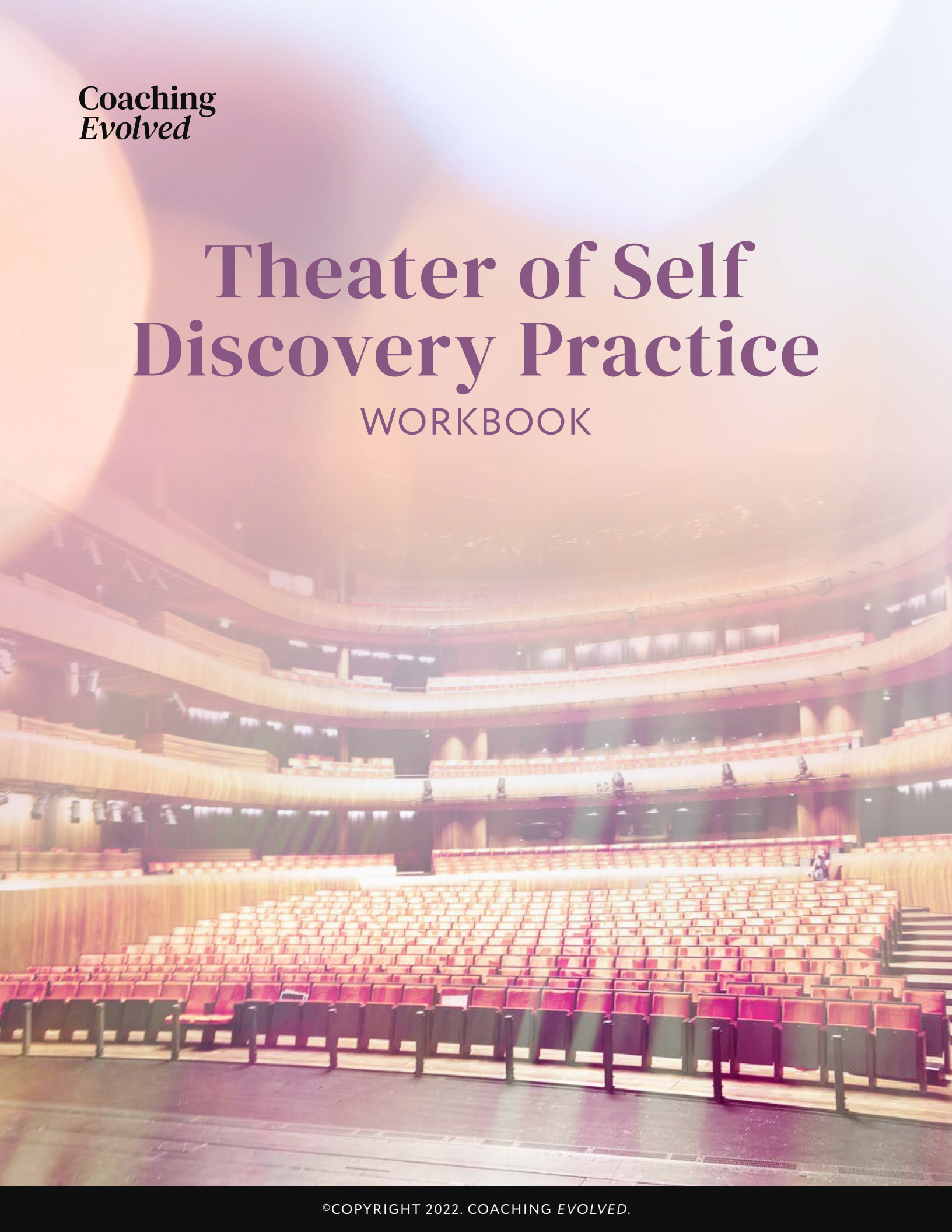


Coaching
Evolved

Theater of Self Discovery Practice

WORKBOOK



Welcome to the **Theater of Self Discovery**, which we will often refer to as simply '**the Theater**'.

Shakespeare's quote, "all the world's a stage," continues, "and all the men and women merely players; they have their exits and their entrances; and one man in his time plays many parts..." Shakespeare was onto something, and this idea is a great way of thinking about the Theater.

This tool is particularly helpful for any situation that triggers a strong emotional reaction in you. These are the situations that often hold the greatest potential for our growth if we are willing to be present with the emotions and feelings that aren't comfortable instead of numbing them or wishing you could change something that already happened.

Learning to be the objective witness of your behavior and patterns takes some practice, and it's one of the most powerful steps we can take toward personal mastery.

To begin the Theater practice, imagine you are sitting in a movie theater as an observer. Scenes from your present life are playing out on the screen. (Scenes can include just about anything, use the list of questions below to spark some scene ideas from your movie that the observer will be watching.)

Now you are **THE OBSERVER**, watching yourself as if you're acting in a movie, playing a role. It's important to spend some time on this step, visualizing the scene, and not rush it. That's the only way to get the full picture of what's playing out.

Below, you will find several questions for contemplation and writing space that you can use to take note of some of the things you've observed. It's recommended to spend **30 minutes** visualizing the scenes and the emotions, the behaviors and sensations that arise with each, and noting what you see.



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1. What does _____ (your name) fear most?

2. How does _____ see and feel about herself/himself/themself?

3. Who is there with _____ and what do you notice about their relationship and how _____ feels about it?

4. What kind of work is _____ doing and how is she feeling about her work?

5. What negative emotions and disempowering thoughts come up most often in _____'s life?

6. What situations are playing out that trigger each of those negative emotions and disempowering thoughts?

7. What does _____ say and do when experiencing each of the negative emotions and disempowering thoughts?

8. What does _____ most need or desire that she doesn't currently have?

9. What else are you observing that feels important to note?

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OKAY, STEP OUT OF THE OBSERVER ROLE NOW.
WELCOME BACK!

You may be wondering what to do with the awareness you now have. With expanded awareness comes expanded choices that are available to you.

Now, we add a new role to step into:
THE DIRECTOR. As the director, you get to direct you as the actor in the scene, and change any area of your life. At any moment, we can choose a new direction; choose to break a pattern that prevents us from having what we really want, choose to end a relationship that no longer feels like a match to what we desire in partnership, choose to reinvent our business or transition to a new job. We all have more power than we give ourselves credit for, and this next practice will tap you into that power.

In this practice, you will choose a scene from the Theater of Self Discovery that you would like to transform. The scene can focus on a relationship, a situation that sparks a strong emotional reaction, a behavior or pattern that keeps showing up that you want to change, For example, a scene could be a recurring fight in a romantic relationship, or anxiety and fear you get stuck in when your boss asks you to lead a meeting. Choose a scene to focus on with a situation you most want to change.



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In a Scene there are Actor's Notes and Director's Notes. In the Actor's Notes, step into the role of you as **AN ACTOR**, playing a character in the scene. We often take on different characteristics, traits, archetypes, and personas in different areas of our lives to manage how we are perceived in a situation or environment.

You may have a completely different way of being with your parents than you do at work or in a romantic relationship. You may show up in an empowered, strong way in one, and in a codependent and needy way in another. Remember though that you are not any one of these behaviors, characteristics or personas - they do not define you. The Actor's Notes give you a chance to explore your feelings, thoughts, patterns, and ways of being in a scene.

After completing the Actor's Notes, step out of the role of actor and into the role of director. From this space, you'll be directing the scene and creating changes using the Director's Notes.

The guiding questions in the Actor's Notes and Director's Notes are meant to get you started in this process, but feel free to play with it and make it your own.

Keep in mind that like any practice, there is never a right or wrong, and I'm just here to support you in tapping into your inner wisdom. Each situation is so unique and the more you engage in self discovery practices to make changes to your life, the more your awareness will expand along with your intuitive knowing of how to direct any scene.

This next part of the practice will guide you to break old patterns, transform situations that you've outgrown or feel disempowered in, and create the life you want your future self to have.

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THE SCENE

Step into the observer role and briefly describe the scene as you see it playing out. (Note that you refer to yourself in third person whenever you are in the observer role.)

THE ACTOR'S NOTES

Step into being the actor, and reflect on and answer some questions about the role you are playing in the scene you chose to focus on. Not all questions will be relevant to your scene so just answer the ones that do and skip what doesn't fit.

What is your way of being in this scene? How are you reacting or behaving?

What are you choosing to believe about yourself and/or another person in the scene?

How do you feel in this scene? Describing any emotions as specifically as possible will help you see them as temporary, passing clouds in the sky instead of as part of the sky.

What impact does your reaction, your feelings, your behavior, and/or what you're choosing to believe have on your life and the lives of anyone else in the scene?

What do you really want that you believe you don't have in this scene? It could be something you want from another person or a wish that you believe would change the situation.

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What is the emotion you believe you will experience if what you wish would happen in this scene came true?

How/What can you offer yourself compassion, acceptance, or forgiveness for in this scene?

DIRECTOR'S NOTES

Next, you will step into the director role, and direct _____(your name) to make alternative choices and show up differently moving forward to create powerful changes that make her dream future available. Not all questions will be relevant to your scene so just answer the ones that do and skip what doesn't fit.

What would you have _____do in this scene instead?

How can _____give herself what she wishes she had in this scene?

How can _____show up and express herself in this scene that is in alignment with the way she wants to feel?

What is available to _____in her life when she makes these changes?

Give this scene a feel-good future ending, and direct _____to make any other changes necessary for that future to be a possibility.

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ALRIGHT, STEP OUT OF BEING THE DIRECTOR AND SHAKE THAT ROLE OFF. WELCOME BACK!

What is one specific action you can take now based on the Director's Notes?

While it's fresh, note anything that was revealed to you as you played with this scene:

This is a tool that you can integrate into your daily life to help you transform different areas where you feel some work is needed. I recommend reviewing no more than one scene each day so that you're giving yourself the time and space needed to get all the benefits of this transformational practice.

I also invite you to play with this practice and even put your own spin on how you approach it. Here are a few ideas:

- Switch between **ACTOR, DIRECTOR,** and **OBSERVER** multiple times as you explore the scene, noticing new things each time.
- Get curious about separating the actor from the character, building awareness of the characters you take on based on the situation or relationship you're in.
- As the actor, step into playing another person in your scene, going through the questions in the Actor's Notes to better understand their point of view and gain perspective. We all see the world, and any given situation, a little differently and no way of seeing it is "the right way."

